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Shell stations running out of gas

FUEL
**Maintenance
blamed for dry
pumps in city**

Braeden Jones
Metro | Edmonton

Many Edmonton drivers who frequent Shell gas stations were forced to fill up on nothing but frustration Wednesday morning.

Unexpected maintenance at Shell's Scotford Refinery prevented the company from getting gasoline from that plant to the stations. So, as the tanks beneath each station ran out, they stayed empty.

Before noon Wednesday, Shell was reporting 10 of 32 Edmonton gas stations were dry. But as the remaining pumps were tapped, that number climbed.

"It's a moving target, but as of (Wednesday) afternoon, about 50 per cent of our stations in Edmonton have experienced run-out," said spokesman Cameron Yost.

He added that the maintenance work was "unplanned."

"We know it's an inconvenience and if we could have given folks a heads-up, we would have, but it really came up out of the blue," he said.

For competition reasons, Shell is unable to disclose the nature of the maintenance, or speak to when the shortage will end.

In the meantime, Yost said the company is "searching high and low" for fuel.

"We are working hard to manage the disruption and refill stations," he said, but he did not comment on what alternative sources Shell hopes to tap.

This is the second shortage attributed to the Scotford Refinery in the past year.

Shell and Yost had similar few details last August when an operational issue impacted both Edmonton and Calgary Shell stations.

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STATISTICS

Stroke a growing killer in Canada

The Heart and Stroke Foundation estimates there are 62,000 strokes in Canada each year, or one every nine minutes. Stroke among people under 65 is increasing.

A report released by the foundation in June claimed Canadians are not getting care they need fast enough.

Brain cells die at a rate of 1.9 million every minute after

a stroke, making timely response critical to mitigating stroke damage.

Thromolytic drug advancement means drugs such as tPA can "break up the clots" that cause ischemic strokes, but recent data shows "door-to-needle time" is 104 minutes, well outside the 30-minute target and 60 minute upper limit.

METRO

TREATMENT

Survivor: Mobile unit will help more people

Lorna Friess was 41 when she had her stroke in 2013.

She was alone on her rural property East of Sherwood Park when it happened, and said it was many hours before a neighbour helped her call an ambulance. She said paramedics did "everything possible" to help, but she lost the use of half of her body.

"I have a lot of disability," she said. "The stroke ambulance could have made a huge difference for me."

Friess is optimistic that with the ability to dispatch a mobile stroke treatment unit to rural areas far from hospitals with CT Scanners or advanced treatment options, "there will be a lot less disability out there." METRO



Lorna Friess, pictured in the back of a traditional ambulance, shared the story of her stroke with media at the announcement of Canada's first stroke ambulance being fully funded by the University Hospital Foundation. BRAEDEN JONES/METRO

City to build first stroke ambulance

HEALTH

Vehicle will cut time between start of stroke and treatment

Canada's first mobile stroke-treatment unit is being developed in Edmonton, and according to experts, it can't come fast enough.

Dr. Tom Jeerkathil, Northern Stroke lead for the provincial stroke network, said he sees examples every week of patients that would have benefited from faster care.

"When administered, (clot-breaking drugs) can result in improvement of stroke and even in cure... if you get to them fast enough, and that's the kicker," he said.

Funded by donors to the University Hospital Foundation, the \$3.3 million vehicle — still to be built — will cut the time between the onset of stroke symptoms and treatment by taking care to the patient.

"The ambulance is in the design phase right now," said EMS Fleet Director Mike Plato. "We've pulled together a multi-stakeholder group of subject matter experts to help inform us of the multiple technical, functional and clinical requirements."



AHS Director of the EMS fleet Mike Plato stands by a traditional ambulance, which he says will be much smaller than the stroke ambulance being developed. BRAEDEN JONES/METRO



The ambulance is in the design phase right now.

EMS Fleet Director
Mike Plato

The mobile stroke unit itself will have a much larger chassis than a typical EMS ambulance, with advanced stabilizing technology.

It'll have an extended cab with room for a larger-than-normal ambulance crew, made up of two paramedics, a member of the province's stroke team and a CT technician to run the on-board scanner.

The treatment area in the back will be wider and longer than conventional ambulances to accommodate the crew while working on a patient, as well as the CT scanner.

The rig will also incorporate advanced sending and re-

ceiving functions to allow for video conferencing with a physician and relaying of CT images, "to make a diagnosis and treatment decisions immediately."

Once the ambulance is completed — expected by the end of summer — it will be a part of a three-year clinical research project in which its impact on patient treatment and recovery will be measured.

BRAEDEN JONES/METRO



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ROADS

Speed, alcohol factors in fatal crash: Police



Ryan Tumilty
Metro | Edmonton

Christopher Davies lives near 99 Street and 98 Street on Whyte Avenue and heard the crash in the wee hours on Wednesday morning.

"I was just lying in bed watching TV and heard a big bang," he said.

Davies rushed outside to see a dark BMW SUV that had come to rest on its roof, after crashing into a large tree and crushing an apartment awning. When he called 911, the operator asked him to check on the occupants of the vehicle.

“

I reached through and checked her pulse and she had no pulse.

Christopher Davies

He said he went up the young woman in the passenger side.

"I reached through and checked her pulse and she had no pulse," he said. "She was just not breathing."

Edmonton Police said they believe speed and alcohol were factors in the collision early Wednesday morning that left the 21-year-old woman passenger in the SUV dead. The 30-year-old driver is in hospital with minor injuries and police are continuing their investigation.

Davies said he's stunned to see how far the vehicle tumbled.

"I can't believe he went through the tree and then continued on into the apartment awning."



One woman is dead after a high-speed collision in this BMW SUV on Whyte Avenue Wednesday morning. RYAN TUMILTY/METRO

Police tightening ties with aboriginal youth

LAW ENFORCEMENT

Kids 14-18 get a chance to don riot gear, learn how to be a cop



Andrea Ross
Metro | Edmonton

Wearing 80 pounds of riot gear, 14-year-old Robert Haaf was hot and breathless after strapping on the padded suit, baton and shield worn by some Edmonton Police Service members.

"I don't think I'd be able to run in it," he said, his voice muffled through a gas mask.

Haaf was one of 28 indigenous students from the Oskayak Police Academy invited to the EPS training centre Wednesday to experience the work of a police officer. Students between the ages of 14 to 18 saw demonstrations from the Tactical Unit, Air-1 and Canine Unit, and completed an obstacle course similar to what recruits undergo during training.

Oskayak, which means "youth" in Cree, sees students leave the Oskayak Police Academy's 10-day training session with three high school credits.

The goal of the program is to build trusting relationships between aboriginal youth and police officers, Edmonton Police Service Aboriginal Relations



Robert Haaf tried on some riot gear Wednesday at the Oskayak Police Academy. ANDREA ROSS/METRO

co-ordinator Andrea Levey said.

Students also eagerly lined up to watch Fozzy the police dog race across a field and take down a mock suspect.

"This is good for us as an agency to give back to the community," said Fozzy's handler, Const. Kelly Lang. "Not only does it give them the aspiration of maybe following this as a career path, but it also lets them talk to each of us on a one-on-one basis and realize we're not just a uniform."

“

We're looking for them to have a positive experience with the Edmonton police and gain some knowledge of what goes on behind the scenes. Christie Pace

It's an outcome organizer Christie Pace said is a major benefit of the community-led initiative.

"We're looking for them to have a positive experience with the Edmonton police and gain

some knowledge of what goes on behind the scenes," she said. "Maybe when they're out there in the community they'll have a better awareness of that, and it could also engage them to pursue this as a career option."

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Tim Reid, CEO of Northlands, at an announcement for the K-Days parade. BRAEDEN JONES/METRO

FIRST RESPONDERS

'Local heroes' to marshal parade

Braeden Jones
Metro | Edmonton

A cross-section of first responders will be marshalling this year's K-Days parade.

Tim Reid, Northlands president announced Wednesday the role normally reserved for celebrities is going instead to "local heroes."

Those heroes are RCMP "K" division, Alberta Sheriffs, Edmonton Police Services, 1

Canadian Mechanized Brigade Group (army), Edmonton Fire Services and Edmonton Emergency Medical Services.

The first responders were flattered, and look forward to July 17, when the parade will help to "thank the heroes that live in the city of Edmonton and keep this city safe."

EMS Public Education Officer Melissa Edwards said it means a lot to her and her colleagues.

"It'll be nice for all first responders to hear that thanks,

we see people at their worst so often and a lot of the time they aren't even able to express their gratitude," she said.

"This give people the opportunity to be able to do that in a very public way."

Reid also announced that Northlands would be donating \$10,000 to the Daniel Woodall Family Foundation.

Several other honorary marshals selected through a contest were announced Wednesday and can be found on the K-Days website.

New office space taking off in city

REPORT

Vacancies could create 'bloodbath' for landlords

Ryan Tumilty
Metro | Edmonton

Office space in Edmonton is growing at a breakneck pace, with almost 100,000 square feet more available now than at the start of the year and a vacancy rate that has already eclipsed 11 per cent.

Leasing agents Colliers International released a report to Metro that shows — counting the space that's been leased against new space on the market — 97,763 more square feet available in the Edmonton region this year, including an additional 8,466 square feet in the

downtown core.

But what has some predicting a "bloodbath" in office property is what's coming: projects like the Kelly Ramsey building, the City of Edmonton office tower and the Stantec Tower, all set to open in the years ahead.

Those new projects will add about 1.7 million square feet of office space to Edmonton over the next three or four years as the projects open up.

By comparison, Toronto added 1.6 million square feet of office space in 2014, when its office vacancy rate was hovering around 5 per cent.

Regardless, Mayor Don Iveson said, the increasing space is not a major concern.

"It's natural fluctuations in the market. What we're seeing is that when vacancies do go up, landlords are actually investing in their properties," he said.

Colliers vice president Ian Bradley said landlords will be forced to improve their properties if they want to attract ten-

ants. Bradley is the leasing agent for 9888 Jasper, a renovated property that's reopening at Jasper and 99 Street.

He said that building has leased most of its new space, but only after extensive upgrades that gave the building a LEED gold certification.

"That is a signal to any prospective tenant that you have a progressive landlord that is spending money on new buildings," he said.

Bradley predicted that office landlords are going to face hard times if they don't invest in improvements.

"Their vacancies haven't totally materialized yet, but they're coming and it's going to be a bit of a bloodbath," he said.

He said the new building proposed for the downtown will open a lot of space and the market will take time to fill it.

"That is 1.7 million square feet of new supply and in a good year we have positive absorption of 200,000 square feet."



Office space availability in downtown Edmonton is taking off, but some predict a "bloodbath" for landlords as a result. BRAEDEN JONES/METRO

IN BRIEF

Sexual assault attempted in Mill Creek Ravine

Police report that a 26-year-old woman was discovered by a stranger in the Mill Creek Ravine Tuesday night after a man allegedly holding a knife tried to sexually assault her. The suspect is described as a black male in his mid to late 20s, approximately five-foot-10, with a slim build and short hair. He was wearing a light long-sleeve shirt and may have been wearing glasses.

METRO

FOSSIL

Bizarre dinosaur found in Alberta

Another new species of dinosaur with a bizarre and elaborate array of horns and shields on its face has emerged from the hills and hoodoos of southern Alberta.

"The rate of horned dinosaur discoveries in the last 10 years has probably gone up faster than any other group of dinosaurs," said David Evans, a paleontologist with the Royal Ontario Museum who describes the new creature in a paper published Wednesday.

"The number of species has about doubled in the last 15 years."

Last month, it was Regaliceratops peterhewsi — otherwise known as Hellboy for the tiny horns over its eyes that resemble those of the eponymous comic book character.

Now, it's Wendiceratops pinhornensis, known to friends as Wendy and named after legendary Alberta fossil hunter Wendy Sloboda, who made the discovery in 2010. THE CANADIAN PRESS



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5

WAYS EDMONTON MIGHT PROTECT ITS HERITAGE

Edmonton is looking at new tools to keep historic properties away from the wrecking ball. Council gave its support Wednesday for staff to study measures, including zoning restrictions, heritage designations and grants, to make sure heritage properties don't get knocked down. Here's a look at some of the tools.

RYAN TUMILTY/METRO



Bard Residence

1 Heritage designations

Right now the city doesn't designate a heritage property without the owner's consent, but the city is going to explore proactive designations. Those designations significantly limit what can be done to a property, and the city report noted it could require the city to compensate owners.



Jasper Block

2 Zoning

Edmonton is going to explore zoning tools that would impose rules on heritage properties. The city will consider asking the community to identify heritage areas that could then be zoned with tougher rules.



Canada Permanent Building PHOTOS BY KEVIN TUONG/FOR METRO

3 No compensation

The compensation requirements for protecting a heritage property can be onerous, so the city is also going to explore asking the province to remove the requirement to compensate property owners.



Tipton Block

4 Loans and grants

The city also wants to explore working with the provincial and federal government on financial incentives for keeping up a heritage property.

5 Tax credits

The city is going to ask the federal and provincial government to consider allowing charitable tax credits for historic covenants that would help defer the cost of keeping up a heritage home.



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This is what the alley between 104th and 105th Street, on the north side of Whyte Avenue, looked like Wednesday before volunteers pitched in and painted the section. KEVIN TUONG/FOR METRO



The Degraives Laneway in Melbourne, a city known for its alleys full of micro bars, pop-up galleries, tiny cafés and other gems. WIKIMEDIA COMMONS

A revolution right up our alley

URBAN SPACES

Pilot mimics Melbourne



Stephanie Dubois
Metro | Edmonton

Would a transformation that brought new life to the streets of Melbourne, Australia, work in Edmonton? One pilot project aims to put that question to the test.

Melbourne is known for alleyways that teem with activity. The formerly dead spaces were converted, beginning in the 1990s,

to the homes of micro bars, pop-up galleries, tiny cafés and other unexpected gems.

As of this weekend, an alleyway between 104th and 105th Street on the north side of Whyte Avenue will be fully transformed in the Melbourne style, livened up with polka dots and street

furniture to create a “pedestrian plaza.”

“For us, it’s really important that we test it out,” said Hani Quan, acting senior planner with CITYlab, which is in charge of the pilot. “People are already using that alley as a pedestrian access, and based on the feedback we

got, there’s more feet in the alley than there are wheels.”

Quan said the pilot could cause a chain reaction.

“It’s entirely possible we could do it again,” he said.

Public-engagement sessions in August will gauge the community’s response.

This is the second urban project in Old Strathcona aimed at pedestrians. Painted rainbow crosswalks were added to the area back in June, prior to the Edmonton Pride Festival.

“There’s a lot of value in having buy-in already there,” Quan said.

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COMMERCE

High rent leaves old Sobeys space barren



Andrea Ross
Metro | Edmonton

Almost a year after Sobeys closed its Jasper Avenue and 104th Street location, the space remains empty and there are still no plans for a new tenant.

Sobeys subleased the space in February and continues to pay rent for the 19,000-square-foot store, said Eric Slatter, vice-president of Colliers International. The grocery giant’s lease expires in spring 2018, and despite “a number of interested tenants,” few of them are grocers and no deals have been signed, Slatter added.

“It’s going to be a complex deal any way we look at it ... and there have been a couple big misconceptions about it,” he said. “One, that it has been a sale rather than a sublease, and



The previous Sobeys location on 104th and Jasper, seen here last year, has yet to be sub-leased. STEPHANIE DUBOIS/METRO FILE

two, that Sobeys has put a restriction in place from another grocer going in there. That’s not the case; they will happily have another grocer in there.”

The store remains filled with equipment left behind during the Sobeys departure.

Depending on what kind of permits a new tenant would require, Slatter said, it could take an additional six to 12 months for the doors to reopen after a deal is signed.

Italian Centre Shop president

Teresa Spinelli said she considered the space — and many on social media pushed her to do so last year — but doesn’t want to raise prices to cover the cost of the rent. She said she will reconsider in the fall if the space is still available.

“We’re not really sure yet,” she said. “The square footage works, but the rent, we couldn’t make it work for us.”

Rents on 104th Street are some of the highest in Edmonton.

19,000

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HEALTH CANADA

New rules govern medical marijuana

Medical marijuana users can legally consume other forms of the drug beyond the traditional dried version under new Health Canada rules that follow a recent ruling by the Supreme Court of Canada.

The department says licensed medicinal marijuana producers can now produce and sell cannabis oil and fresh marijuana buds and leaves as well as the dried form.

But they'll have to comply with the same terms and conditions on dried marijuana including making sure the product is shipped in child-resistant packaging as well limiting the amount of the active ingredient in the drug.

Health Canada says while the courts require reasonable access to a legal source of medical marijuana, the government's position is that it must

be done in a controlled fashion to protect public health and safety.

The directive expanding access is the government's response to the top court ruling in June that expanded access to the drug.

The court said that limiting medical consumption to dried pot infringed the liberty protections of the Charter of Rights and Freedoms.

THE CANADIAN PRESS

“Restricting medical access to (marijuana) to its dried form is inconsistent with the Charter ... Supreme Court ruling

VANCOUVER ISLAND

Orphaned bears remain in limbo

The fate of the two bear cubs spared by a conservation officer on northern Vancouver Island remains unclear.

B.C. Conservation Officer Service Insp. Chris Doyle says the cubs show signs of being habituated to humans and that animals that come into conflict with people are usually destroyed.

Conservation officer Bryce Casavant was suspended after he reportedly refused an order to euthanize the eight-week-old cubs last weekend.

The bears were orphaned when their mother was killed by breaking into a meat freezer inside a mobile home in Port Hardy.

The North Island Wildlife Recovery Association's Robin Campbell says the officer made the right decision not to kill the



The orphans. THE CANADIAN PRESS

cubs because they only came back to the property looking for their mother, are healthy and remain afraid of people — like normal bears. THE CANADIAN PRESS



FIRST NATIONS BLANKETED WITH GIFTS Environmentalist David Suzuki receives gifts from Chief Shane Gottfredson, left, and National Chief Perry Bellegarde at the Assembly of First Nations meeting in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

Bar radicals from Canada: Senators

SECURITY

Training and certifying imams among suggestions

The federal government should outlaw membership in a terrorist group, bar radicals from Canada and look at forbidding the glorification of extremists to protect the Canadian way of life, a Senate committee says.

The Senate security and defence committee also recommends creation of a “wanted terrorist” list and urges the

government to explore options for training and certification of imams in Canada.

In addition, it calls on the government to work with Muslim communities to create “an effective counter-narrative” to denounce the ideology of Islamist fundamentalism.

These are among 25 recommendations in the committee's interim report flowing from nine months of hearings on security threats facing Canada.

The report examines terrorist recruitment, operations, financing, prosecutions and other aspects of what it calls the genuine threat of violent extremism.

Canadians must tackle the

“We must find every resource ... to defeat a most uncivilized force.”
Senate committee report

issue in a thoughtful, balanced way without undermining the values “that make us great,” the report says. “Our goal is to lessen the risk to all Canadians, including the risk to vulnerable young Canadians who might be lured to extreme ideas and violent action.”

The report represents the

views of the Conservative majority on the committee, but lacks the backing of Liberal members.

“We cannot try to appease this threat that we face,” Conservative Sen. Dan Lang, the committee chairman, said in an interview.

One recommendation takes aim at groups that invite foreign nationals with extremist views to speak to impressionable youth. It urges the government to establish a publicly accessible list of “ideological radicals” deemed to be a security threat, prohibiting them from visiting Canada.

THE CANADIAN PRESS

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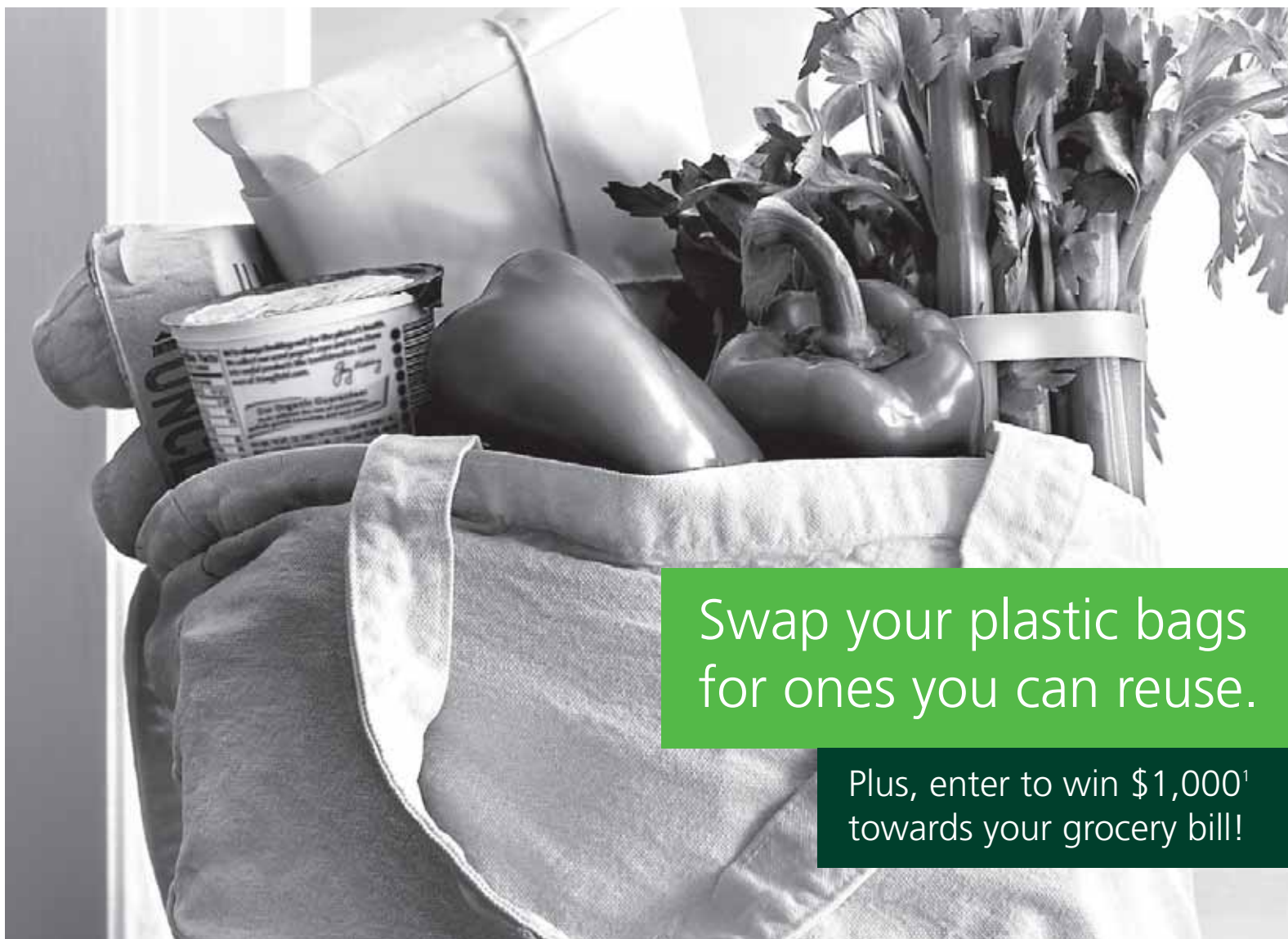
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Soldiers help battle fires

SASKATCHEWAN

Foreign crews set to help further west

Soldiers began helping crews fight wildfires threatening communities in northern Saskatchewan on Wednesday, as other Western provinces called in help from foreign countries.

About 360 troops were out building fire guards and clearing brush near La Ronge and Montreal Lake.

Steve Roberts with Saskatchewan Wildfire Management said crews were making some progress and better visibility allowed aircraft to dump water on some flames.

He said the fire situation across Western Canada is so busy that it is a challenge for provinces to get enough firefighters.

"As we started down the road with these fires, Alberta and British Columbia fire hazards escalated, the numbers of fires increased and they had community evacuations as well," Roberts said.

"That has stretched the availability of resources across the country."

Flames and thick smoke have forced an estimated 9,000 people from their homes in Saskatchewan. Crews from Quebec, Ontario, Newfoundland, New Brunswick and South Dakota have been helping out.

Roberts said the province was in discussions the United States government about the possibility of more crews coming north.

The La Ronge First Nation was also seeking volunteers to help fight fires, including evacuees.

The Canadian Interagency Forest Fire Centre, which co-



A wildfire blazes beyond a treeline in the La Ronge, Sask., area in this July 5 handout photo. Fires and smoke have forced about 9,000 people from their homes in more than 50 communities in the northern part of the province.

COREY HARDCASTLE/HO/SASK. MINISTRY OF ENVIRONMENT/THE CANADIAN PRESS

ordinates firefighting services for the provinces, territories and Ottawa, said Canada may have to seek more help from abroad.

The latest report on the agency website said the wildfire hazard is extreme and major wildfires "have the potential to

exhaust agency fire resources nationally."

"International mobilization of resources through international co-operators is likely," reads the website. "National resource levels are insufficient to meet occurring and anticipated

wildland fire activity."

On Wednesday, Alberta said it was bringing in 62 firefighters from Mexico to help battle 92 wildfires burning in the province, including 33 listed as out of control.

THE CANADIAN PRESS

WILDFIRES

Ontario firefighters, equipment to B.C.

Big hills and bigger mountains are the most significant differences confronting a team of Ontario firefighters as they prepare to start work in British Columbia.

The group of 70 firefighters, sent to B.C. by Ontario's Ministry of Natural Resources earlier this week to help combat wild land fires, are facing a much different terrain than their usual Ontario landscape.

"The biggest difference is the topography, mountains, valleys, a lot of hills in British Columbia (compared to) relatively flat in Ontario," Fred Welch, a program co-ordinator for the ministry, said from Edmonton.

The geography creates challenges for the team, including fatigue, but Welch says it's not a problem.

"Our crews are well-versed in working in other provinces; we've been there a number of times," Welch said. "When we go to other provinces, we're made aware of their safety policies and procedures as well of our own."

The Ontario team will get assistance from B.C.'s fire management officials, including detailed briefings, and the pairing of staff from Ontario with local firefighters to help them get going, he says.

B.C. requested the help through the Canadian Interagency Forest Fire Centre,

which sends firefighters and equipment across the country when needed.

Ontario also sent two CL-415 heavy water bombers, a Bird-dog aircraft and seven aviation personnel, according to Debbie MacLean, a spokeswoman for the Ministry of Natural Resources.

The deployment to B.C. comes as wild land fires rage across parts of western Canada, including Saskatchewan, Alberta and the Northwest Territories.

The water bombers are in Kamloops and were scheduled to head to Vancouver Island later Wednesday, according to fire information officer Kevin Skrepnek. He says Ontario's firefighters arrived in Abbotsford, B.C., and the majority of them will be sent to the western part of the province, including Vancouver Island.

British Columbia has had a heavy fire season, Skrepnek said from Kamloops, describing it as "definitely above average in terms of the fires, well above average in terms of the hectares burned and also an usually high amount of activity."

"Unusually aggressive fire activity for this time of year in terms of how fast the fires are spreading, how easily they're igniting and how deeply into the ground they're digging in," he added.

THE CANADIAN PRESS

There's a lot of knowledge that is shared between different agencies, and that makes us all successful ... Long days, hard work, rewarding work and lots of team work. Fred Welch

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WHISTLER AREA

B.C. Premier to get peek at wildfire base

British Columbia Premier Christy Clark is visiting a community north of Whistler on Wednesday to get a closer look at the one of the province's largest wildfires.

Clark will be in Pemberton,

which is 67 kilometres east of the Elaho fire, a 200-square-kilometre blaze that was sparked by lightning and first discovered on June 14.

Fire information officer Kevin Skrepnek said near-

ly 190 fires were burning around the province, with 31 new ones starting Tuesday.

"We had successful initial attack on all of them," he said.

Skrepnek said a six-mem-

ber firefighting crew and three aircraft from Ontario were being briefed before heading to Vancouver Island to drop fire retardant or water on blazes.

THE CANADIAN PRESS

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NORTHLANDS EVENT

+ BIO

Toronto 2015 will be Adam van Koeverden's first appearance at the Pan Am Games. He is scheduled to race in the K-1 (single kayak) 1,000-metre race.

Born: Toronto, Ont., January 29, 1982

Educated: McMaster University (honours bachelor of science in kinesiology), 2007

Olympic Medals:

Gold: K-1,500 metres, Athens 2004

Silver: K-1,500 metres, Beijing 2008; K-1 1,000 metres, London 2012

Bronze: K-1 1,000 metres, Athens 2004

World Championship medals:

Gold: K-1, 500 metres, 2007; K-1 1,000 metres, 2011

Silver: K-1 1,000 metres, 2003; K-1 1,000 metres, 2005; K-1 1,000 metres, 2007

Bronze: K-1 1,500 metres, 2005; K-1 1,000 metres, 2009; K-1,500 metres, 2010

FAVOURITE FOR GOLD

Unlike a lot of sports that are dominated by Americans, van Koeverden's biggest competitors are European — and they're not in the Pan Am Games.



Adam van Koeverden at the Burloak Canoe Club, Oakville, Ont., on July 2. LIZ BEDDALL/METRO



LIZ BEDDALL/METRO

METROTALKS ADAM VAN KOEVERDEN

In the latest of a series of conversations with influencers, we visit with the **champion kayaker** before the Pan Am Games

HIGH HOPES FOR HOMETOWN HERO



Gilbert Ngabo
Metro | Toronto

Adam van Koeverden is excited that the 2015 Pan Am Games have come to Toronto — and not just because of the competition.

When Metro paid a visit to the star kayaker's morning training session at the Burloak Canoe Club in Oakville, Ont., a little over a week before the Games' official kickoff, the Toronto native said he's already thinking about the Games' enduring legacy.

As a two-time world champion four-time Olympic medalist (yes, there's a gold in there), he knows from experience that major sporting events are bigger than sports. When China hosted the 2008 Olympics, where he won a silver medal in K-1 (single kayaker) 500-metre event, the hot topic was the country's human-rights record. It was "a good thing" that the world talked about those issues because of the Games, he said.

The Greater Toronto Area might not have that kind of reputation to contend with, but, van Koeverden said, the Pan

Am Games is an opportunity to improve infrastructure, city planning, traffic and transportation issues — and not just in Toronto proper, either.

"You can call these the Golden Horseshoe Games," he said. "They benefit the entire region. It's what made the original bid so attractive. When you get an Olympics or the Pan Am Games, all of the issues that were on the back burner get done."

Citing the recent completion of an express rail line between Toronto's Pearson Airport and downtown's Union Station as a case in point, van Koeverden also

mentioned the two most pressing transit issues in Toronto: Expansion of the city's subway system and modernization of the elevated Gardiner Expressway.

"If we get the Olympics, guess what? I bet they're done. That's what it takes — something; a deadline."

Van Koeverden has high hopes for his hometown.

Citing, with evident pride, the city's multicultural composition, he said he would like his sports peers to get out of the athletes' villages and experience the wider city.

"I think one of our greatest



I hope that after the opening ceremonies the city erupts.

Adam van Koeverden

assets is our neighbourhoods," he said. "When my Romanian friend visited I took him to Spadina for soba noodles."

"A Romanian, in Chinatown, for Japanese noodles. That's Toronto."

How a gold-medal kayaker trains



Fernando Carneiro
Metro | Toronto

Two weeks before competition Adam van Koeverden went to a bar. He had a soda and left at 9:30 p.m.

Practice isn't everything, he says. Recovery is just as important.

"It's something people don't

recognize — training breaks down your body. Rest builds it back up," van Koeverden told Metro in an interview following practice at the Burloak Canoe Club in Oakville, Ont.

He does drink alcohol, eats whatever he wants and does stay up late. But this close to competition, he adjusts his routine.

Here's what his days are like:

6 a.m.: The alarm clock goes off. Maybe he'll hit snooze be-

fore having a coffee and a banana or yogurt.

6:30 a.m.: He starts the drive to Oakville and, no, he doesn't get to drive on the HOV lanes. He's stuck in traffic with the rest of the hapless commuters, listening to CBC radio.

7:30-ish: Van Koeverden hits the water for a two- to 2.5-hour practice session. This is considered short. "This close to competition, I'm past the ex-

treme endurance phase," he says.

9:30-ish: Once practice is done, it's time to put away the kayak. At this time of the year the Burloak Canoe Club is full of children at summer camp. "They look at me and wonder, 'Who's this old guy?'" the 33-year-old Van Koeverden said.

10 a.m.: Sporting shorts and a T-shirt, van Koeverden drives to Whole Foods in Oakville for

breakfast. This is his reward for a hard morning of paddling. The cashier knows him, not as an athlete, but as a regular customer. Last Thursday he ordered a breakfast sandwich with a side of bacon, having given up his brief stint with vegetarianism. "I'm not obsessed with my diet, as most people are — non-athletes and athletes alike. It's the new religion, I think. There's being mindful and thoughtful

about what you eat, and then there's being like, proselytizing about what you eat, and blogging about what you eat, and taking pictures of your food constantly. I just think there's something wrong with that."

Afternoon: Van Koeverden goes to the gym about two to three times a week. At least once a week he goes for a jog, saying the highlight of his week was his Sunday morning run.

AVK's 3 Canadians to watch

BASKETBALL

"Basketball is one of the most accessible sports and you get an excellent cross-section of youth."

MARK OLDERSHAW, SPRING CANOEIST

"He just got married, had a pretty good world cup and he's our flag bearer. This is the 'Summer of Mark.'"

ANDRE DE GRASSE, SPRINTER

"What more do people look forward to than the 100-metre sprint?"



Adam van Koeverden trains at the Burloak Canoe Club in Oakville, Ont., on July 2. LIZ BEDDALL/METRO

ACCESSIBILITY

Build it and they will come, says Olympian

Melita Kuburas
Metro | Toronto

At 8 a.m. on a weekday in the summer, school's out and Adam van Koeverden's home canoe club is bustling with teenagers.

About a dozen of them with concerted faces paddle by in a war canoe — likely those who are striving to be champions. Others are likely just there to splash around because their parents want them to, but that's great too, van Koeverden says.

Van Koeverden, who studied cultural and socio-economic barriers to sports as part of his kinesiology program at McMaster University in Hamilton, Ont., recognizes that in most places in Canada, due to a lack of funding and infrastructure, kids don't have such easy access to sports equipment and facilities. That's something he hopes will change, in part thanks to large-scale events like the Pan Am Games.

"It takes a community to create a community sports program," he said. "It doesn't take just one person. It takes a lot — and the upkeep, and the sustainability of it is really based on people and their hard work."

But before you bring a group of people together to work towards a common goal, he said, you need a place for them to be: a facility. And that's why investing in sports infrastructure matters, he said.

His canoe club, formerly known as the Oakville Racing Club, was founded in 1974 by sprint paddler Bill Collins. It was established on an old sewage-treatment plant that the town no longer had any use for.

They've come a long way since then. The aquatics centres, gymnasiums, fields and bike parks built for the Pan Am Games are going to have a lasting impact on Toronto and the surrounding area, van Koeverden said, pointing to the Toronto Pan Am Sports Centre (TPASC) facility in Scarborough, which includes two Olympic-sized swimming pools, a running track and a diving program.

"As long as we install all the necessary infrastructure and resources post-Pan Am in that place, then I guarantee there'll be an Olympic swimmer from Scarborough," he said. "And if there's one Olympic swimmer, it means that there are 3,000 kids who are swimming. And that's the important thing."

On Americans who might consider going into paddling

I would tell them to go for a sport that offers scholarships and a paycheque.

On Pan Am's marketing

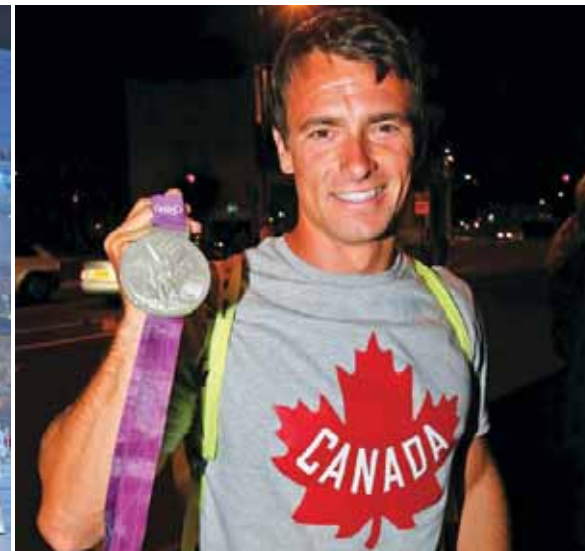
There aren't enough posters. Kinky Boots has more posters than the Pan Am Games.

On how we started paddling

My mom was concerned I was going to find trouble after school. Canoe club was her solution.



Adam van Koeverden, left, leads the Canadian delegation during the opening ceremony of the 2008 Beijing Olympic Games. Right: Van Koeverden shows off his Olympic silver medal after the London Games in 2012. GETTY IMAGES



First accuser not in show biz

SEX ASSAULT CHARGE

Andrea Constand defies Cosby's narrative

Bill Cosby has painted many of his accusers as star-struck gold-diggers — aspiring models and actresses trying to shake him down to get ahead in Hollywood.

Yet the first woman known to have told police she was drugged and violated by the comedian was a college basketball administrator in Philadelphia who initially asked only for an apology from the man she regarded as her mentor and friend.

Andrea Constand — whose 2005 lawsuit produced damning testimony from Cosby that was released by a court this week — stands out among the dozens of women who later accused the comedian of sexual assault, and not just because she helped set off the torrent of allegations

that have shattered his nice-guy image as TV's Dr. Cliff Huxtable.

Constand was not in show biz and had not been exposed to the 1970s-era sex-and-drug scene in Las Vegas and Hollywood. In 2004, she was a former college athlete whose childhood dream had been to become the first Canadian woman to play professional basketball.

"She's a person of integrity, and if there is a wrong, she's going to stand up for it and do the right thing and be a leader," said Joan Bonvinci, who was her coach at the University of Arizona, where Constand helped lead the team to victory in the 1996 National Women's Invitational Tournament.

A decade ago, Constand, then 30, was finishing a third year as operations director of the Temple University women's team and thinking about leaving the sport.

Constand had met Cosby, Temple's most famous alumnus and sports fan, in 2002 and frequently socialized with him, sometimes at dinner parties and

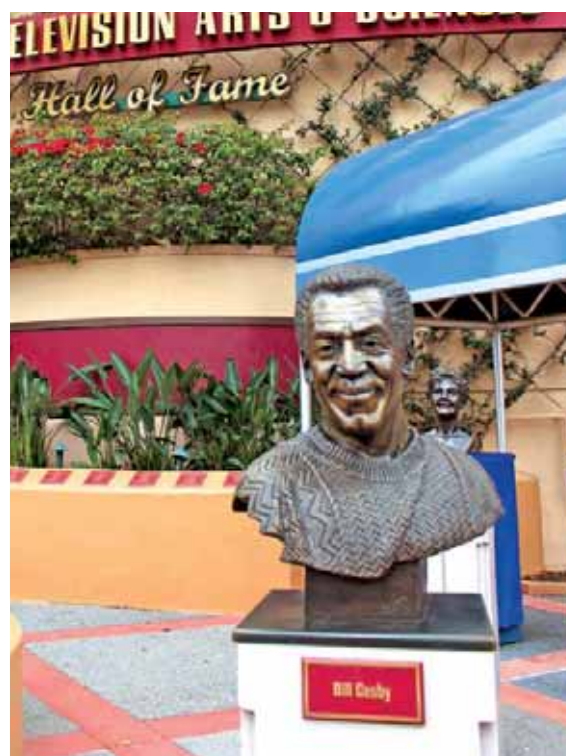
sometimes alone, at restaurants or his large suburban home. He invited her for one such dinner on Jan. 4, 2004, to offer her career advice, according to court papers.

According to her account, Constand described how stressed she was about the career decision, and Cosby gave her three pills to help her relax. She took them with water and thought they were herbal supplements, according to her lawsuit.

She said she woke up the next morning sore, with her clothes askew and a vague memory of being fondled.

Cosby, questioned under oath, identified the pills as the cold and allergy medicine Benadryl — something Constand's lawyer doubts would have left the six-foot Constand "semi-conscious" on a couch until 4 a.m.

She disclosed the encounter to her parents in January 2005. She and her mother called him to demand an apology, which they got, according to the lawsuit. THE ASSOCIATED PRESS



DISNEY WORLD BILL COSBY STATUE REMOVED Local news outlets reported that Walt Disney World officials removed a bust of actor and comedian Bill Cosby from display at Hollywood Studios theme park in Orlando, Fla. late Tuesday. The removal came after court documents unsealed on Monday revealed that Cosby testified in 2005 that he obtained Quaaludes with the intent of giving them to women he wanted to have sex with. PATRICK MAIRS/THE ASSOCIATED PRESS

IN BRIEF

Detroit-area police hunt for big-time nut robber

Police in Detroit are having a little fun while asking for help in figuring out who swiped roughly 28,000 pounds of packaged nuts.

Police say a truck and trailer packed with 18 pallets of walnuts and other nuts were taken the weekend of June 27. Police say the truck and trailer were found July 1, but the nuts worth more than \$128,000 were gone.

The department on Tuesday issued an appeal for information on Facebook — posting a mug shot of a squirrel along with details.

THE ASSOCIATED PRESS

Woman arrested after calling 911 to complain about Chinese food order

An Ohio woman has been arrested after calling 911 to complain about an order of Chinese food. Police say the 44-year-old woman called 911 to say the Chinese food she ordered from a local restaurant was "not up to par for her liking."

She was arrested and charged with misuse of 911, a misdemeanor.

THE ASSOCIATED PRESS

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Pope Francis waves to the crowd lining the road to La Paz as he rides aboard the popemobile from El Alto, Bolivia, Wednesday. Bolivia is the second of three countries Francis will be visiting on his tour of South America. RODRIGO ABD/THE ASSOCIATED PRESS

Pope arrives amid tensions

LATIN AMERICA

Church and state at odds in Bolivia

Pope Francis arrived in Bolivia on Wednesday on the second leg of his South American tour and immediately insisted that the Catholic Church continue to play an important role in society amid efforts by the government of President Evo Morales to curb its influence.

Francis landed at the La Paz airport from Quito, Ecuador, and was greeted on the tarmac by Morales, children in traditional garb from some of Bolivia's 36 different native peoples, and military and traditional flute bands that played the Bolivian and Holy See anthems.

Morales hugged the Pope and hung a pouch around his neck of woven alpaca with indigenous trimmings. It is of the type commonly used to hold coca leaves, which are chewed by people in the Andes to alleviate altitude sickness. It wasn't known if Francis chewed any leaves, though he was served mate tea made with coca leaves, camomile and annis on the plane.

La Paz stands at 4,000 metres above sea level, and the Vatican decided to keep the pope's stay to just four hours to limit any problems

for the 78-year-old pontiff, who has only one full lung. Francis though seemed in fine form, bundled against the cold and wind by a white poncho that he donned for his popemobile ride past the thousands of people who came to greet him.

At an airport welcome ceremony with Morales by his side, Francis praised Bolivia for taking "important steps" to include the poor and marginalized in the political and economic life of the country, South America's poorest.

Morales came to power championing Bolivia's 36 indigenous groups and enshrined their rights in the constitution, and under his leadership Bolivia's economy has grown thanks to booming prices for its natural gas. But Morales has roiled the local church by taking a series of anti-clerical initiatives, including the new constitution that made the overwhelmingly Catholic nation a secular country.

In his speech, Francis recalled the Catholic faith took "deep root" in Bolivia centuries ago "and has continued to shed its light upon society, contributing to the development of the nation and shaping its culture."

"The voice of the bishops, which must be prophetic, speaks to society in the name of the church, our mother,



A man wearing an armband decorated with an image of Pope Francis waits for the pontiff's arrival in Plaza Murillo in La Paz, Bolivia, Wednesday. FREDDY BARRAGAN/ THE ASSOCIATED PRESS

from her preferential, evangelical option for the poor," he said.

Francis and Morales have met on several occasions, most recently in October when the president, a former coca farmer, participated in a Vatican summit of grassroots groups of indigenous and advocates for the poor who have been championed by Francis. Their shared views on caring for society's poorest, and the need for wealthy countries to drastically change course to address climate change, have bumped up against Morales' clashes with the local clergy.

As soon as Morales took office in 2006, for example, the Bible and cross were removed from the presidential palace. A new constitution in 2009 made the overwhelmingly Catholic nation a secular state and Andean religious rituals replaced Catholic rites at official state ceremonies. THE ASSOCIATED PRESS



I remain convinced that we Bolivians have a double religion, double faith. We are Catholics, but at the same time we have rituals of our own.

Bolivian President Evo Morales

U.S. CONGRESS

Francis to get presidential welcome

Pope Francis's historic speech to U.S. Congress in September will be viewed by tens of thousands on the Capitol grounds and beyond in a landmark event to rival any presidential inauguration or State of the Union address.

The speech will mark the first time the head of the world's Roman Catholics addresses Congress, and the chamber is expected to be packed with lawmakers, members of the president's Cabinet, Supreme Court justices and the diplomatic corps, similar to

attendance for a State of the Union address by the president.

House of Representatives Speaker John Boehner said Wednesday the pontiff's Sept. 24 address to a joint meeting of Congress will be broadcast live from the West Front, allowing the public in the shadow of the Capitol to watch along with those in the House chamber. Jumbotrons, typically used for Memorial Day and July 4 celebrations as well as for presidential inaugurations, will be set up on the Capitol building's West Front.

Demand for tickets to the visitors' gallery in the House chamber is high, especially since lawmakers are limited to one guest ticket per office.

Boehner said that after the speech, the pontiff wants to make a brief appearance on the West Front.

"The visit of Pope Francis to the U.S. Capitol is a historic moment for the country," Boehner said in a statement. "We look forward to welcoming Pope Francis and Americans from all walks of life to our Capitol."

The outspoken Pope is ex-

pected to challenge Democrats and Republicans on abortion, immigration and climate change, the issue of his recent encyclical.

During the pontiff's nine-day visit to the U.S. and Cuba, Pope Francis is scheduled to meet with President Barack Obama and celebrate mass in New York, Philadelphia and Washington.

Boehner, who is Catholic, invited the pontiff to address Congress in March 2014, and the Vatican accepted the invitation in February.

THE ASSOCIATED PRESS



U.S. House Speaker John Boehner said Wednesday the pontiff's Sept. 24 address to a joint meeting of Congress will be broadcast live from the West Front. THE ASSOCIATED PRESS



Chef Jose Andres was angered by The Donald's insulting statements about Mexican immigrants. THE ASSOCIATED PRESS

Chef jumps Trump ship

IMMIGRATION

Pulls plug on high-end restaurant in new D.C. hotel

Celebrity chef Jose Andres has backed out of plans to open a flagship restaurant in Donald Trump's new hotel under construction in Washington amid ongoing fallout from Trump's anti-immigrant statements.

Andres, a Spanish immigrant, cited Trump's statements "disparaging immigrants" in his decision Wednesday to cancel plans to open an eatery at the Trump International Hotel. Andres is known for popularizing the small dishes known as tapas in the United States.

Real estate mogul and Republican presidential candidate Trump said in a speech June 16 that some Mexican immigrants bring drugs and crime to the U.S., and some are rapists. Now, a number of organizations are severing relationships with Trump.

Andres said Trump's statements "make it impossible for

my company and I to move forward." More than half of his team is Hispanic, as are many of his restaurant guests, the chef said. "As a proud Spanish immigrant and recently naturalized American citizen myself, I believe that every human being deserves respect, regardless of immigration status," he said.

The new \$200 million, 270-room Trump International Hotel is being built on Pennsylvania Avenue between the White House and the Capitol. It is slated to open in 2016.

Donald Trump Jr., Trump's son and a Trump Organization executive, issued a statement threatening legal action and noted that Andres has a 10-year lease. The Trump Organization would seek to recover any unpaid rent for the full 10-year term, he said.

"Our relationship with Jose Andres has always been a good one, but simply put, Jose has no right to terminate or otherwise abandon his obligations under the lease," Donald Trump Jr. said. "We will also enforce the exclusivity provisions preventing Mr. Andres from opening a competing restaurant anywhere in the D.C. area."

On Monday, the Washington Post reported some immigrant workers at the hotel construction site said they came to the country illegally and are wary now of working for Trump.

Donald Trump told CNN, "We have gone out of our way to make sure that everybody in that building is legal. I wish (the Post) would give us some names; we would get them out immediately." THE ASSOCIATED PRESS

"I believe that every human being deserves respect, regardless of immigration status."

Chef Jose Andres

DROPPING OUT

Trump name now toxic to firms, groups

Donald Trump said in his June 16 campaign kickoff speech that some Mexican immigrants to the U.S. bring drugs and crime, and some are rapists. He has refused to apologize and organizations and countries are re-examining or severing their relationships with Trump and his businesses.

July 8 Celebrity chef Jose Andres backs out of a plan to open a flagship restaurant in

Trump's new Washington hotel.

July 7 The PGA of America says it is shifting its Grand Slam of Golf from Trump's L.A. course.

July 6 ESPN, a unit of Walt Disney Co., says it won't hold its ESPN Celebrity Golf Classic at Trump National Golf Club in Los Angeles.

July 4 Panama joins several other Latin American countries in dropping out of Trump's Miss Universe pageant.

July 3 NASCAR says it won't

hold its season-ending awards ceremony at the Trump National Doral Miami.

July 2 New York City officials say they are reviewing the city's contracts with Trump in light of his comments.

July 1 Macy's says it will stop carrying an exclusive line of Trump menswear. Rapper Flo Rida, scheduled to perform at the July 12 Miss USA pageant, drops out; all announced performers and hosts have quit.

June 29 NBC says it's ending its relationship with Trump and won't air the Miss USA and Miss Universe pageants. Mexican media giant Televisa says it won't broadcast Miss Universe or work with Trump.

June 25 Univision says it won't air the Miss USA pageant and will cut business ties with Trump, who owns the Miss Universe Organization. Trump says he'll sue Univision for \$500 million. THE ASSOCIATED PRESS

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People march as part of the Bring Back Our Girls campaign, in memory of the Nigerian girls abducted by Nigerian extremists, in Abuja, Nigeria, Wednesday. OLAMIKAN GBEMIGA/THE ASSOCIATED PRESS

Boko Haram: Trade for girls

CHIBOK KIDNAPPINGS

Group offers Nigeria to swap detainees for schoolgirls

Nigeria's Boko Haram extremists are offering to free more than 200 young women and girls kidnapped from a boarding school in the town of Chibok in exchange for the release of militant leaders held by the government, a human rights activist has told The Associated Press.

The activist said Boko Haram's current offer is limited to the girls from the school in northeastern Nigeria whose mass abduction in April 2014 ignited worldwide outrage and a campaign to Bring Back Our Girls that stretched to the White House.

The new initiative reopens an offer made last year to the government of former

President Goodluck Jonathan to release the 219 students in exchange for 16 Boko Haram detainees, the activist said. The man, who was involved in negotiations with Boko Haram last year and is close to current negotiators, spoke on the condition of anonymity because he was not authorized to talk to reporters on this sensitive issue.

Fred Eno, an apolitical Nigerian who has been negotiating with Boko Haram for more than a year, said that "another window of opportunity opened" in the last few days, though he could not discuss details.

He said the recent slew of Boko Haram bloodletting — some 350 people killed in the past nine days — is consistent with past ratcheting up of violence as the militants seek a stronger negotiating position.

Presidential adviser Femi Adesina said on Saturday that Nigeria's government "will not be averse" to talks with Boko

Haram. "Most wars, however furious or vicious, often end around the negotiation table," he said.

Eno said the five-week-old administration of President Muhammadu Buhari offers "a clean slate" to bring the militants back to negotiations that had become poisoned by the different security agencies and their advice to Jonathan.

Two months of talks last year led government representatives and Eno to travel in September to a northeastern town where the prisoner exchange was to take place, only to be stymied by the Department for State Service intelligence agency, the activist said.

At the last minute, the agency said it was holding only four of the militants sought by Boko Haram, the activist said.

It is not known how many Boko Haram suspects are detained by Nigeria's intelligence agency, whose chief Buhari fired last week.

The activist said the agency continues to hold suspects illegally because it does not have enough evidence for a conviction, and any court would free them. Nigerian law requires charges be brought after 48 hours.



An unidentified mother of a child that was abducted by Nigerian extremists at Bring Back Our Girls event in Abuja, Nigeria. OLAMIKAN GBEMIGA/THE ASSOCIATED PRESS

Thousands of suspects have died in custody, and some detainees wanted by Boko Haram may be among them. Amnesty International alleges that 8,000 detainees have died in military custody — some have been

shot, some have died from untreated injuries due to torture, and some have died from starvation and other harsh treatment.

In May, about 300 women, girls and children being held

captive by Boko Haram were rescued by Nigeria's military, but none were from Chibok. It is believed that the militants view the Chibok girls as a last-resort bargaining chip.

THE ASSOCIATED PRESS



A lot of people take a hard-line stance that you must never negotiate with a terrorist.

Nigerian Senator Chris Anyanwu

Bulls gore 1, injure 2 during run

SPAIN

Sprint lasts two minutes, 14 seconds

An Australian was gored twice by a fighting bull and two people suffered other injuries as thousands of thrill-seekers dashed alongside the beasts in the second bull-run of Pamplona's San Fermin festival Wednesday.

The San Fermin press office said the victim was a 27-year-old man identified only by his initials, T.L.O. He was gored in the groin and the thigh in Pamplona's bull ring at the end of the run and was treated by doctors on the scene before being taken to a city hospital.

15 deaths

Since record keeping began in Pamplona in 1924, 15 people have died from gorings during the San Fermin festival.

His injuries were described as minor.

A Spaniard was hospitalized for rib injuries, while a Frenchman was treated for multiple bruises but later released.

Two Americans and a Briton were gored and eight others injured in the first run Tuesday. All but the two Americans were released the same day.

One American still hospitalized was Mike Webster, a 38-year-old occupational therapist from Gainesville, Fla., who was gored in the armpit as he joined the bull-run in Pamplona for the 38th time in 11 years. He said Tuesday he hadn't decided whether he'd run again.

The other was identified only by his initials, R.H.O., a 25-year-old from Tempe, Ariz., who suffered facial bruising.

The nationally televised 8 a.m. run sees people racing with six bulls and their guiding steer along a narrow 850-metre course from a holding pen to the city bull ring. The bulls are then killed by professional matadors in bullfights each afternoon.

Wednesday's run lasted 2



A bull jumps over a group of revelers in the ring at the San Fermin festival in Pamplona, Spain, on Wednesday. People from around the world arrive in Pamplona every year to take part in the eight-day running of the bulls. THE ASSOCIATED PRESS

minutes, 14 seconds.

The nine-day fiesta in Pamplona, which features 24-hour street partying, was made famous in Ernest Hemingway's 1926 novel *The Sun Also Rises*

and attracts thousands of foreign tourists.

Bull runs are a traditional part of summer festivals across Spain. Dozens are injured each year, mostly in falls.

Two men died recently after being gored by bulls in Spanish festivals — one Saturday in the eastern town of Grao de Castellon and another June 24 in the southwestern town

of Coria.

In all, 15 people have died from gorings in Pamplona since record-keeping began in 1924 for the San Fermin festival. THE ASSOCIATED PRESS

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NORTHLANDS EVENT

Fit tracker interest wanes

HEALTH

Sales are strong for devices like Fitbit, but users lose enthusiasm

Deepak Jayasimha's fitness tracker is now with his father-in-law in India, where it sits unused. Annabel Kelly foisted hers off on the kids. Virginia Atkinson took hers off to charge the battery and hasn't picked it up since February.

Although sales of Fitbit and other fitness trackers are strong, many of their owners lose enthusiasm for them once the novelty of knowing how many steps they've taken wears off. One research firm, Endeavour Partners, estimates that about one third of these trackers get abandoned after six months. A health care investment fund, Rock Health, says Fitbit's regulatory filings suggest only half of Fitbit's nearly 20 million registered users were still active as of the first quarter of 2015.

"The question for investors is how long the market will



Sales for fitness trackers such as Basis Peak, Adidas Fit Smart, Fitbit Charge, Sony Smartband and Jawbone Move have been strong, however one research firm says one-third of users lose enthusiasm for them after six months once the novelty wears off. BEBETO MATTHEWS/THE ASSOCIATED PRESS

continue to grow at this rate, and whether Fitbit can execute on growing engagement before ... the number of devices sold per year reaches saturation," Malay Gandhi, a managing director at Rock Health, wrote on a blog.

Abandonment affects all manufacturers of fitness trackers, which are relatively cheap at about \$100 and are com-

The question for investors is how long the market will continue to grow at this rate.

Malay Gandhi, Rock Health managing director

monly given as gifts. Fitbit gets the spotlight because it started trading publicly last month and has 76 per cent of the U.S. market share by revenue, up from 64 per cent a year earlier, according to the NPD Group.

Investors and analysts are bullish on Fitbit's prospects. Its stock value has more than doubled since the initial public offering. Analyst William

Power at Baird Equity Research said Fitbit had room to grow worldwide, as only a quarter of its revenue came from outside the U.S. last year. Power also wrote that Fitbits remain popular among employers and insurance companies looking for ways to keep people healthy. Fitbit is also profitable, earning \$132 million last year on revenue of \$745 million.

The company's market valuation of \$8.6 billion is high compared with earnings so far, which could point to enormous growth potential — or simply overvaluation.

Fitbit now has competition from Apple Watch and other smartwatches that do what fitness trackers do and more, such as showing news updates and boarding passes for flights.

If people aren't using their trackers, they won't recommend them to friends and family or upgrade when a new model comes out, said Dan Ledger, an analyst at Endeavour Partners. They also won't pay for premium subscription packages, a potential growth area for Fitbit.

Fitbit had no immediate comment. THE ASSOCIATED PRESS

IN BRIEF

Tech glitch forces early morning NYSE closure

It was already a tough day in the market when the unexpected hit. The New York Stock Exchange (NYSE) halted trading late Wednesday morning because of technical trouble. The outage came as traders had plenty of other things to worry about. Concerns about China's plunging stock market and a logjam in talks between Greece and its creditors weighed on the mood. Major indexes were already falling before the shutdown, which occurred shortly after 11:30 a.m. eastern time. NYSE resumed trading at 3:10 p.m.

The exchange didn't say what caused the malfunction but described it as internal and not the result of hackers. The broader stock market stayed open as orders to buy and sell kept flowing to the Nasdaq and other exchanges around the U.S.

THE ASSOCIATED PRESS

Sherson Group files for bankruptcy protection

Shoe distributor Sherson Group Inc., which operates Nine West retail stores in Canada, has filed for bankruptcy protection with the Ontario Superior Court.

Court documents say the Toronto-based company owes \$32.2 million to more than 60 different suppliers, lenders and businesses.

Included on the list is \$4.7 million owed in loans to the Bank of Montreal and \$19.1 million to Nine West Group Inc., the New York-based company which licenses its name to Sherson Group. THE CANADIAN PRESS

MANUFACTURING

Forestry industry rebound won't offset sector's job losses

Canada's wood products sector is expected to enjoy a recovery through the rest of the decade but the turnaround won't replace all of the 50,000 jobs lost since the downturn, industry observers said Wednesday.

The recovery in U.S. housing construction and a weaker loonie is driving much of the improvement and should offset a cooling Canadian housing mar-

ket and the possibility of softer demand from China, according to a study published by the Conference Board of Canada.

Unifor, the union that represents forestry workers, agrees the trends are positive, but says policies allowing unprocessed logs to be exported are hurting job creation.

Union official Scott Doherty said only about 10,000 of the up-

to 50,000 jobs that disappeared following the 2008 financial crisis have returned.

"For the most part, the work is going to the mills that still survived and are now just able to make a profit, but it's not like there's new mills shooting up all over the place in the country," he said in an interview.

The Forest Products Association of Canada says the national



Work is going to the mills that still survived and are now just able to make a profit, but it's not like there's new mills shooting up.

Unifor's Scott Doherty

industry hopes to hire 60,000 people, including more women, aboriginals and new Canadians by the end of the decade. But

some 40,000 positions are meant to replace retiring workers, with only 20,000 jobs being added.

THE CANADIAN PRESS

market minute

	DOLLAR 78.49¢ (-0.18¢)
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	GOLD \$1,163.50 US (+\$10.90)

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ONLINE GAMBLING

BC Lottery Corp. to pay out \$1.1M

The BC Lottery Corp. says it is paying nine gamblers nearly \$1.1 million because of a software error in one of its online video games.

The error was found in a bonus feature, called a progressive jackpot, in the online

slot-machine game the Wizard of Odds.

Spokeswoman Susan Dolinski says an error message appeared when players hit the jackpot and they didn't get paid.

The corporation says it

removed the game from its PlayNow.com website June 10, conducted a review, discovered the error and identified nine players who had won the progressive jackpots totalling nearly \$1.1 million.

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URBAN ETIQUETTE: ELLEN VANSTONE



THE QUESTION

**Is there a 'side' to sidewalks?
And other foot-traffic dilemmas
solved, just in time for summer
tourists or Pan Am crowds to hit the
streets near you.**

Wyndham Lewis, in his 1954 novel *Self Condemned*, famously called Toronto a "sanctimonious icebox." But Lewis was a notorious misanthrope who also said, "It is more comfortable for me, in the long run, to be rude than polite" — so you can guess what I think of him.

The point is that present-day Toronto, like all cities across Canada, is a much friendlier burg than the dull, mainly Anglo-Saxon centre he once despised. And now is the chance to prove it while Hogtown hosts some 250,000 visitors expected at the Pan Am Games from July 10 to 26.

Yes, the invading hordes are bound to test our patience as they clog up pedestrian thoroughfares with their rubbernecking, sight-seeing, dawdling ways. But it's also a perfect opportunity to show off our Canadian politeness — and for me to remind you, dear reader, on proper pedestrian behaviour. Herewith, a refresher course on the basic rules of street etiquette.

Is there a "side" to sidewalks?

People generally keep to the right, but all bets are off when dealing with strangers from strange lands where our right-of-way rules might not apply. When faced with oncoming meanderers, do a quick shoulder-check, step aside and let them pass. If you and your companion favour an old-fashioned approach, walk on the curbside if you're male, a tradition that once saved ladies' dresses from mud-spattering vehicles.

Slow walkers

Few things are more frustrating than being stuck behind a gaggle of molasses-waders when you're in a

hurry. But it's perfectly all right to pass — as long as you do it without elbowing anyone aside.

Close walkers

Don't walk too closely behind anyone, breathing down his or her neck. If they stop suddenly, it's your neck that will suffer when you collide and go flying. This goes double at night, when close walking behind

checking for oncoming foot traffic. It's always tempting to "accidentally" bump into them, ensuring they'll think twice next time they fail to merge properly. But to do so would be passive-aggressive, which is the worst kind of rudeness.

Cellphone addicts

Everybody knows that texting while driving is dangerous. It's also ill-advised while

it overly quaint. If your companion is older, however, it's always more polite — regardless of sex — to offer them the near-side door and then schlep to the far side so they don't have to slide across the hot, sticky seat to make room for you.

Entering and exiting store doors — who has the right of way?

Short answer: no one. Well-mannered folk will let the other person through regardless of direction, though admittedly there's a risk of getting stuck when you hold a door open for one person and 20 more follow. At some point, you may gracefully hand off the door to some other paragon of politeness and slip through a gap — as long as you don't slam the door in anyone's face while you're at it.

Revolving doors

It will surprise some readers to learn that a gentleman traditionally goes through first, a holdover from the days when women were deemed too weak to push the heavy mechanism themselves. The same rule applied to going down steps or exiting a plane, train or bus: if the lady tripped on her petticoats, the man in front would provide a cushion to her fall. Nowadays, it doesn't matter which gender takes the lead — as long as you don't cut anyone off.

Most importantly, be nice

The best advice comes from Emily Post, who wrote the book on manners in 1922. Some of her dictates were ridiculous ("Ladies should carefully avoid ... all undue liveliness in public"). But her overall rule is still absolutely relevant: Never do anything that is unpleasant to others.

CARTOON BY ANI CASTILLO



Yes, invading hordes are bound to test our patience. But it's also a perfect opportunity to show off our Canadian politeness.

people, especially women, makes them feel threatened. The proper procedure in the dark is to speak up ("Hey, don't be alarmed — I'm just passing on your left") as you make a wide berth around them.

Stopping for no reason

This is my pet peeve — people who stop at the top or bottom of stairs while the rest of us pile up behind them, or those who languidly exit a store without

walking on a busy street. Staring at your phone as you blunder down the sidewalk or cross an intersection is asking for a collision.

Getting into a car or cab

Traditionally, the man opens the door for the woman before going around and getting in the other side. As a modern feminist, I never resent the old-fashioned gesture, but it's not de rigueur, and it's an outright faux pas if the woman finds

ROSEMARY WESTWOOD

metroview

Great adventures make great stories: Balloon man proves it

Now there's a story.

A man sits in a plastic lawn chair attached to 100 helium balloons and floats over the Calgary Stampede grounds, in a bid to earn more business for his cleaning company by landing in the middle of the chuckwagon races.

The winds pick up, he's getting pulled off course (not that he has any contraption to keep him on course; he's on a lawn chair). As the balloons lift him higher and higher, he opts for plan B, jumps, uh, chair, and pulls chute.

Descending with a parachute, he escapes with a rolled ankle and a mischief charge. There were hundreds of thousands of people below this guy, police told the newspapers. "The last thing we want to see is anybody injured."

Or to translate: "The last thing we want to see is anybody do anything interesting." Police, our uniformed spoilsports.

But I'm with balloon man, aka Dan Boria, on this one: "It was the most fun thing I've ever done."

And it's the best "This one time..." story I've heard in awhile. The kind of story that you recount in your 80s to pick up ladies at the retirement home. The kind of story your kids tell your grandkids.

You know what doesn't

make the memory books? Always following the rules.

My parents are in town for a visit. I wouldn't call them daredevils, but then you get Dad talking about the time he sailed the Atlantic and hitchhiked across Europe.

There were the nights he figured out how to unlock London's double-decker buses, and sneaked in for a good sleep. There was the time he rescued his scooter from a mechanic's lot in France. He used to build his own boats (using his mum's best sheets).

When you're older, and the days pass with more mirrored regularity, and maybe you've lost the youthful gall to fly by helium balloons, the best things you've got are the stories of your life.

I'm already afraid for how boring I'll be. CBC Radio's *Definitely Not the Opera* is always looking for story submissions. "When did being mistaken for something you're not let you discover who you really are?" or "When did a musical instrument change your life?" or "Tell us your stories about body art!" The questions arrive every week by email. And every week, I've got nothing.

So, I clearly need to up my story-game, and I think I could take inspiration from Boria. Especially the part where he lives to tell the tale.

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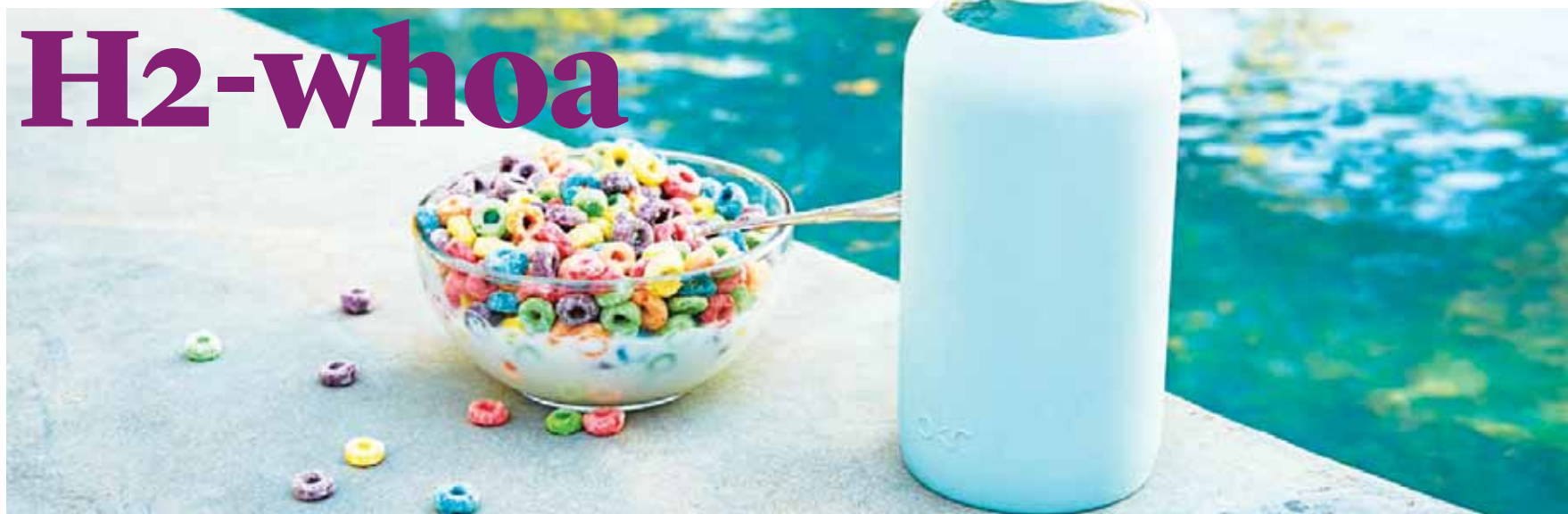
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by Jason Logan

WHEN THERE IS AN INCOME TAX, THE JUST MAN WILL PAY MORE AND THE UNJUST LESS ON THE SAME AMOUNT OF INCOME.

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H2-whoa



ACCESSORIES

Plastic water bottles are so '90s — invest in one of these beauties

Melissa Dunne
For Metro | Life



The It Accessory of Summer 2015 isn't a beach bag, or a pair of sunnies or cute sandals — it's a reusable water bottle.

Yes, the lowly utilitarian item's time has finally come again. Not that long ago, people didn't carry water around with them everywhere they went (I know, wild, right?).

Then, at some point in the '90s it became *tres passé* to carry around bottled water, you know, because of the environment. Nat-

gene bottles were all the rage, for a while. But plastic bottles, whether one-time use or reusable, really went out of style when there was a groundswell of worry over BPA in the late 2000s.

Enter S'well et al. While people were so over plastic (though many are now made BPA-free), there remained a thirst for bottles that are safe and stylish. Reusable bottles that keep your drinks cold are so cool right now, they are being featured in the likes of *Vogue*. The fashion bible featured a black S'well bottle in a list of items to put in a Céline Curve bag. We say save yourself about \$2,356 for the cost of that It Bag and buy yourself an It Bottle instead. While the S'well bottle is a hefty \$39.50 for the 500 ml, you'll quickly make your money back filling your bottle with tap water, rather than buying one-time use bottles for a few bucks a pop.

Here are some of the most stylish bottles for sale this summer:



S'WELL

These stainless-steel bottles come in a rainbow of sizes and colours, from Pink Satin to Teakwood. Get one to match every outfit. Swellbottle.com. \$39.50 for a 500 ml bottle

ASOBU

The Flavour It 2 Go bottle is BPA-free and lets you add in fresh fruit to the built-in infuser. asobubottle.com. \$13 for a 590 ml bottle



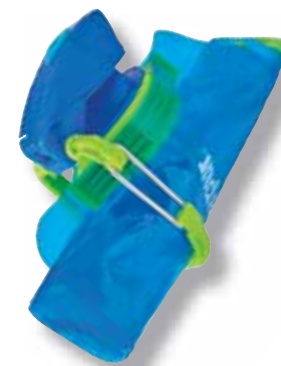
VAPUR

The Anti-Bottle bottle is perfect for the fit fashionista — it stands upright when full and flattens when empty, so you can stash it away (not that you'd want to). vapour.ca. \$16 for a 1 L bottle



BKR

The glass and silicone bottles come with quirky names, such as the Lolita in opaque blackberry. mybkr.com. \$33 for a 500 ml bottle



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RAF SIMONS

Dior's time machine

In a surreal garden setting, Dior designer Raf Simons wove his creative needle in and out through different centuries. That produced an imaginative time-travel of a couture show, which riffed on the styles of the Flemish Masters, the Middle Ages and the Renaissance.

The large fruit props on the runway conjured up scenes from historic still-life oil paintings.

Long diaphanous column silhouettes in chiffon, like medieval undergarments, floated by elegantly alongside gowns with high-cinched waists and wide, billowing sleeves that mirrored the old Flemish styles. Some bejewelled net gilets were worn on the torso, evoking chainmail in a beautiful touch.

The sense of chic time-travel was further heightened with delicate dots and patterns on the fabrics — designs that evoked the French Impressionists and the technique of Pointillism associated with artists like Georges Seurat. The coats were the highest point of this strong collection, with one standout: a flame-red coat with beautifully large tubular cuffs.

THE ASSOCIATED PRESS

BERTRAND GUYON

Schiaparelli evokes the '30s

Celebrity guests including Meg Ryan were swept away to the glamour of 1930s theatre life at Bertrand Guyon's debut collection for Schiaparelli.

And what better a setting than to start exploring the theatricality of the great couturier Elsa? Famed for inventing shocking pink and having collaborations with Surrealists like Salvador Dali, Coco Chanel's hated rival Schiaparelli was one of the greatest and most colourful Parisian designers of the '20s and '30s. The house was recently revived.

In an impressive recreated theatre, Guyon's models hearkened back to another era. Fastidiously embellished '30s Orientalist satin jackets had softly square shoulders. Silk "jabot" collars and voluminous "Duster" coats wafted by with exaggerated pockets, alongside bejewelled eye, star and key lock decorations.

Guyon even referenced the mania for Grecian looks in Schiaparelli's heyday in a couple of diaphanous column dresses with flashes of gold.

Not all the theatrical exuberance worked, especially one overly clashing multicoloured mink coat. But Guyon is certainly moving the house in a welcome, more coherent direction since the departure last year of designer Marco Zanini. THE ASSOCIATED PRESS

KARL LAGERFELD

Chanel's 3D quilting and '80s shoulders

Karl Lagerfeld, 81, says the secret to feeling young is always looking to the future. Nothing demonstrated this better than Chanel's bright, high-tech couture show that featured Coco Chanel's famed skirt-suit jacket made via 3D printing.

"I like the idea of taking the most iconic jacket of the 20th century and turning that into an object that was impossible to make when that jacket was invented," explained the couturier.

The quilted jackets were completely seamless and seamstress-less — created by feeding Lagerfeld's sketches into a computer program.

A 1980s flavour lingered in the air for fall-winter in a largely black-and-white show, with oversized truncated jackets, large square shoulders, epaulettes and dramatic lapels.

The shoes were a standout — backless stilettos with a split tongue on the front that Lagerfeld compared to "airplanes children make with folded paper."

The 67-piece-strong collection mainly played it safe, but designs frothily loosened up toward the end, with tailoring that harked to the fizz years of the '20s. Feathered fringing adorned loose, long cocktail dresses, evoking the famed "Flapper" era.

Meanwhile, modernized '20s "bob" wigs — worn in identical form by all models — also mirrored this era, giving the collection a homogenous, fem-bot feel that riffed off of the futuristic 3D printing.

THE ASSOCIATED PRESS



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HIGHLIGHT OF PARIS FASHION WEEK

Stars sparkle in Dior garden

Celebrities such as Lupita Nyong'o, Emily Blunt and Canadian singer Claire Elise Boucher a.k.a. Grimes sparkled in the heat at Christian Dior's vivid couture show set in a timeless conservatory in Paris.

It was the highlight of Monday's fall-winter 2015-16 Paris Fashion Week shows, which also included Schiaparelli. Lupita Nyong'o looked ravishing in a short, cherry red Dior couture dress Monday, and was at a loss for

words on entering Christian Dior's "The Garden of Earthly Delights" show set inside the Rodin Museum. Guests ventured with trepidation on entering the huge, abstract painted conservatory garden that featured myriad multicoloured panels — and some even tripped on the giant coloured fruit scattered around the floor.

"It's really cool," the actress said,

looking around in a moment from her spot next

to U.S. Vogue editor Anna Wintour. "It's so incredible. I think I need to take a moment!"

Emily Blunt — in a simple, white knee-length Dior gown — was equally amazed.

"This is just extraordinary. This is kind of why I would walk from London to Paris to see this show. I'm so excited," she said.

The only thing she regretted about her trip was a lack of sufficient planning for France's soaring temperatures, which have recently hit 40 C.

"I mean, I fry like an egg," she said. "So I'm feeling like I should have put on more sunscreen. Or a higher factor."

Dior's sweltering conservatory decor may well have contributed to the overheating.

THE ASSOCIATED PRESS

From left, Emily Blunt, Lupita Nyong'o and Grimes. GETTY IMAGES



FASHION POLL RED COAT



Metro asked which red coat from Paris Couture Week you like better?

Christian Dior's

Schiaparelli's

Here are the results of our online poll:

29%

71%



GAMBLING ON PARIS COUTURE

Chanel celebrity roulette

Chanel's guests were led to their seats in a giant recreated casino Tuesday inside Paris's Grand Palais — replete with roulette tables and fully-functioning gambling machines that had one Chinese fashionista addicted within minutes.

But the real gasps came when Kristen Stewart and a diamond-encrusted Julianne Moore, shown at right, walked out through an arch — both wearing bespoke Chanel couture — to take a seat around a celebrity-filled poker table in the centre of the catwalk. There they hugged, chatted, gambled and laughed all through the show.

Moore and Stewart grew close as they co-starred in *Still Alice*, playing mother and daughter. They both dined together in an exclusive Paris restaurant last weekend.

"I like people when they're gambling and well dressed like in Monte Carlo," said Lagerfeld.

Fellow gamblers placing bets included singers Rita Ora and Vanessa Paradis and model Lara Stone, who were there to showcase Chanel's latest jewelry collection. THE ASSOCIATED PRESS



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JULY 17-26

NORTHLANDS
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Photo Credit: Edmonton Archives EA788-333

Warner is here to remind you

CANADIAN MUSIC

Music journalist examines four chart-toppers

BOOKWORM

Sue Carter

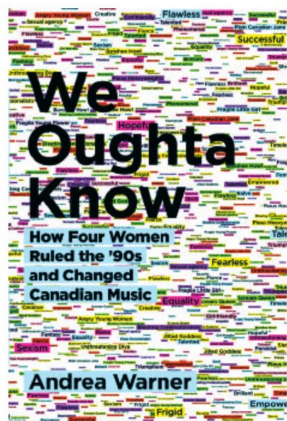


Twenty years ago, Alanis Morissette stormed onto the music scene with Jagged Little Pill. At the time, the album was considered loud, shockingly honest and “unladylike” — a perfect anthem for a generation of disenfranchised young women who previously felt they had no voice.

The album’s anniversary this June time-travelled fans back to the mid-1990s. Jagged Little Pill made a quick two-week re-appearance on Billboard’s Top 200 album chart.

Across Canada, there have been tribute nights and lots of media analysis of the continued emotional resonance of Morissette’s work.

Like so many fans, Vancouver



Andrea Warner’s latest book, *We Oughta Know* (inset), looks at women on top. CONTRIBUTED

music journalist Andrea Warner, 16 when the album was released, felt empowered by its frankness.

Her debut book, *We Oughta Know: How Four Women Ruled the '90s and Changed Canadian Music*, examines, from a feminist’s perspective, the careers, successes and controversial media

personifications of Morissette, along with fellow superstars Shania Twain, Sarah McLachlan and Céline Dion.

When Toronto publisher Eternal Cavalier approached Warner, an associate producer with CBC Music, to write a book, she already had a kernel of an idea.



On sales tracker Nielsen SoundScan, she discovered the four women (all wildly successful by their mid-20s) are among the Top 10 bestselling musicians in Canada. Dion is first place.

To put this in context, the Beatles are at No. 8.

“It made me take stock of the

music industry in Canada, and it gave me pause to take stock of my life,” Warner says.

“I thought, ‘Oh my God, these four women have been part of my existence in such a strange, almost fairy godmother/evil step-mother kind of way for so long.’”

Although Warner connected with Morissette’s raw anger and with McLachlan’s poetics — the book includes an emotional essay about how McLachlan’s album *Rarities*, *B-Sides and Other Stuff* helped Warner through the death of her father — her relationship with Dion and Twain was more complex.

As a teen, she dismissed Dion as a saccharine pop diva under the spell of her manipulative manager-husband, and Twain as nothing more than a talentless country-crossover Barbie.

“All of these things I ever said about Céline Dion and Shania Twain are completely complicit with preserving sexism and misogyny, and upholding all these

horrible things I’m supposedly against,” Warner says. “It made me take a look at myself and the worst parts of my personality.”

Warner also takes her profession to task, devoting a chapter to the more egregious examples of sexist music journalism, in which the women are referred to, among other terms, as “pin-ups,” “angry young wom(e)n” and “fragile young flowers.”

Ultimately, as Warner suggests, you don’t have to be a Titanic fan to appreciate Dion’s vocal range or to critique Twain’s music without referencing those early bare-



These four women have been part of my existence ... for so long.

Andrea Warner

midriff years.

“I think it’s so important to pick apart how we build our belief structures,” Warner says. “Maybe it’s not even about feminism and sexism, but why do we love the things we do? Why do we think something is good versus bad, and how does it feed into what we think is good or bad taste?”



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IN BRIEF**Signs of aging appear in mid-20s, study finds**

A study released Monday said different rates of aging can be detected as early as the mid-20s.

The findings in the Proceedings of the National Academy of Sciences' July 6 issue are based on a group of 954 people born in New Zealand in 1972 or 1973.

Researchers collected data on the subjects' kidney, liver and lung function, dental health, the blood vessels in the eyes as well as their metabolism and immune system function at age 26, 32 and 38.

They also measured cholesterol, fitness levels and the length of the telomeres, which are the protective caps at the end of chromosomes that have been found to shorten with age.

Using a total of 18 biological measurements, researchers determined a "biological age" for each participant at age 38 — with some registering under 30 and others appearing to be nearly 60.

Most of those in the group were aging at the expected rate of one biological year per chronological year, or even less. AFP

26

When scientists looked closely at the ones who had aged more quickly, they found signs of deterioration were apparent at age 26.



Cara Delevingne, Camilla Belle and Emilia Clarke are all known for their heavy brows, a style deemed by U.K. women to be the top look of the decade.

ALL PHOTOS GETTY IMAGES

The look of the decade

TRENDS

Survey says bold eyebrows the top look of last 10 years

Heavy eyebrows have been voted the top beauty trend of the past 10 years according to the results of a new survey.

The British Association of Beauty Therapists and Cosmetology (BABTAC) survey revealed that women in the U.K. think defined brows are the most stylish beauty look of the past decade. Stars, including U.K. supermodel Cara Delevingne, have championed the trend and sparked brow envy among beauty lovers on both sides of the Atlantic.



Kim Kardashian is a champion of the contoured look, while Katherine McPhee is a fan of dark, berry lips.

Contouring, a makeup technique made famous by reality TV star Kim Kardashian, was



deemed the No. 2 trend.

The concept uses foundations and concealers of differ-

ing shades to subtly sculpt the face by enhancing features such as lips and cheekbones, while 'slimming' other features such as the nose.

Dark 'berry' lips claimed third place in the survey, with the '90s-style look proving popular with beauty lovers today. This was followed by the classic red lip look, with smokey eyes proving to be the fifth most popular trend.

Other looks that made the Top 10 list include winged eyeliner, glossy lips, nude lips and drawn-on beauty spots. The least popular trend at No. 10 was the natural look.

A total of 2,844 British women aged 18-73 took part in the survey, with the majority claiming to have learned how to create these looks through trial and error. More than half said

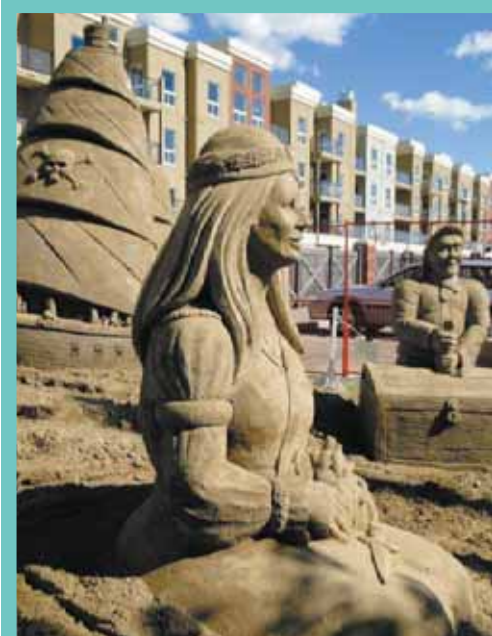
+ TOP TEN

Here is a full breakdown of the most popular U.K. beauty looks of the last 10 years:

1. Heavy eyebrows
2. Contouring
3. Dark 'Berry' Lips
4. Pin-up red lips
5. Smokey eyes
6. Winged eyeliner
7. Glossy lips
8. Nude lips
9. Pencilled beauty spots
10. The natural look

they watched YouTube tutorials online to improve their skills.

AFP



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FASHION

Lamar collabs with Reebok on sneakers with soul

One of the hottest and most critically acclaimed rappers of the moment has designed a pair of Reebok sneakers that he hopes will promote peace among L.A.'s gangs.

Lamar signed a partnership deal with Reebok in 2014 and his first set of sneakers will be called the Kendrick Lamar x Reebok Ventilator.

When they go on sale later this month the shoes will carry a multi-coloured message that promotes peace, particularly among the Crips and the Bloods, the two rival gangs that influenced Lamar's childhood growing up in Los Angeles and

his conscious rap lyrics.

The sneakers are an off-white 'paperwhite' suede and feature the word 'red' on the right heel and 'blue' on the left heel (a reference to the two gangs' affiliation colors) and the word 'neutral' inscribed under the tongue.

AFP

JULY 18 SNEAKERS WILL GO ON SALE FOR \$130 US



MLB ALL-STAR CONCERT

Lovato steps up to the plate

IN HOLLYWOOD

Ned Ehrbar

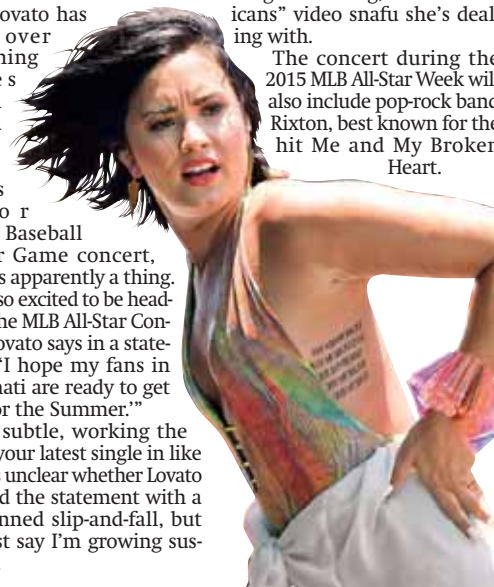


Demi Lovato has taken over headlining duties from Ariana Grande at this year's Major League Baseball All-Star Game concert, which is apparently a thing. "I'm so excited to be headlining the MLB All-Star Concert," Lovato says in a statement. "I hope my fans in Cincinnati are ready to get 'Cool for the Summer.'"

Real subtle, working the title of your latest single in like that. It's unclear whether Lovato followed the statement with a pre-planned slip-and-fall, but let's just say I'm growing suspicious.

Grande, for her part, had to bow out of the gig because she recently got her wisdom teeth removed. And here I thought it was because of that whole doughnut-licking, "I hate Americans" video snafu she's dealing with.

The concert during the 2015 MLB All-Star Week will also include pop-rock band Rixton, best known for the hit Me and My Broken Heart.



LAMBERT CANCELS STAMPEDE; THE VIEW'S REVOLVING DOOR

No bull

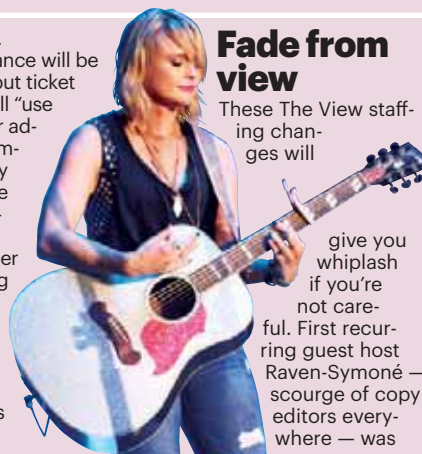
It's hard out there for professional singers these days, with vocal cords acting up left and right, causing all sorts of tour disruptions.

The latest victim? Miranda Lambert, who had to dash plans for her upcoming Calgary gig due to "serious inflammation" of her vocal cords, according to her Facebook page.

"I'm so sorry that I can't be at Stampede this week, but I'll be back in Calgary just as soon as I can for all of my Stampede fans," she said

in a statement.

The appearance will be rescheduled, but ticket holders can still "use their tickets for admission to Stampede and enjoy all that we have to offer," Stampede's chief operating officer Paul Rosenberg said, "including live country music at Nashville North." Just, you know, sans Lambert.



Fade from view

These The View staffing changes will

give you whiplash if you're not careful. First recurring guest host Raven-Symoné — scourge of copy editors everywhere — was

tapped for a permanent spot on the daytime chat panel.

Then this week word leaked that newly added Rosie Perez would be leaving the show at the end of her first season in August.

Everyone first had to come to terms with the realization that The View is a show with "seasons" before even more news came in: Comedian and recurring guest-host Michelle Collins is also being made a full-time member of the show. So ... good for her? Now then, is anyone still actually watching?

Death on TV

Game of Thrones has had plenty of shocking deaths — including some very recent ones that still aren't necessarily confirmed as real — but Maisie Williams, who plays plucky assassin-in-training Arya Stark, has one in particular that resonates more than others: that of Robb Stark, played by Richard Madden, who was offed along with his mother and



pregnant wife at the infamous Red Wedding. "I feel like the audience — and myself — were led into such a false sense of security, we couldn't see it coming," she tells E! News. "I guess it was the same with Jon, but we're sort of used to that now. I'm so numb to it, my family members being taken away from me."

That's rough, girl. NED EHRBAR FOR METRO

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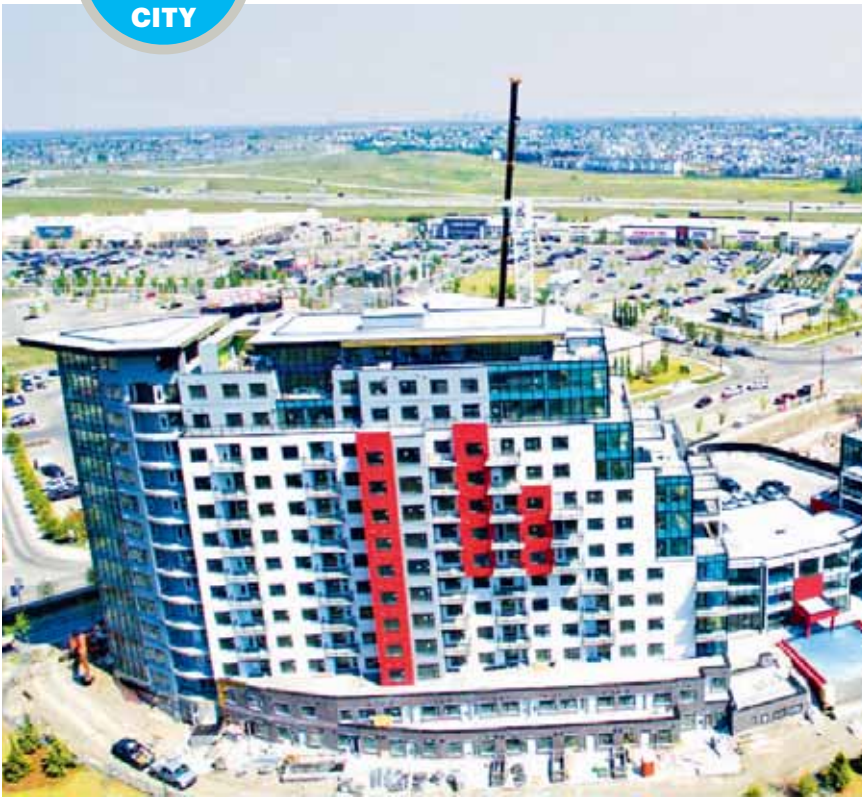
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What they're asking



Some things are better new, and there's nothing nicer than a gleaming new condo suite. Here's a look at medium-sized, brand new one-bedroom units near downtown **Duncan McAllister** FOR METRO



\$249,000

Edmonton

The Signature condominiums by Westrich Pacific Corp. is located at 5151 Windermere Blvd., uptown in Ambleside, Edmonton's fastest growing area. Featured is a 625-sq.-ft. one-bedroom suite in the A plan, with a 75-sq.-ft. patio. The suite features stainless steel LG appliances, engineered hardwood, porcelain-tile flooring and granite countertops. The building boasts stylish amenities and enhanced finishes. The Signature backs out onto a lake and is within walking distance of shops and services. The west tower is under construction with occupancy expected for early August. Contact the sales centre at 780-803-0888 or email info@signatureambleside.com.



\$422,900

Vancouver

You can get a 661-sq.-ft. one bedroom plus den in Altus, the second phase of the SOLO District condo project. SOLO District is close to the SkyTrain at Lougheed Highway and Willingdon Avenue in Burnaby, a suburb of Vancouver. The development will feature a selection of retailers and exclusive amenities, including a rooftop patio, with a full kitchen, large dining room, media centre, outdoor lounge with barbecue and fireplace. Other amenities in Altus include a fully equipped fitness studio and an outdoor rooftop multi-sport court. Contact the sales centre at 604-227-3745 or email info@solodistrict.com.



\$239,900

Winnipeg

Glasshouse Lofts is a 200-unit, high-design condominium development at 311 Hargrave St., across from the MTS Centre. Featured is a 587-sq.-ft. one-bedroom suite in the A3 plan of the modern design, 21-storey residential glass tower by Urban Capital. The suites feature brushed aluminum hardware, rich hardwood flooring and porcelain tile. The condo is part of the new, mixed-use Centrepont development, with offices, restaurants and an Alt Hotel. Move-in is scheduled for next spring. Contact the sales centre at 204-282-9658 or email sales@glasshousewinnipeg.com.



\$398,000

Halifax

The Roy, a contemporary 22-storey condominium, is located at 1650 Granville St. in the centre of downtown Halifax. It's an area that's experiencing rapid growth, with new commercial and residential developments opening in the coming months. The building offers three units at 743 sq. ft., called The Canadian, The Scotia and The Royal. The historic development by Starfish Properties will feature the work of Page + Steele IBI Group Architects and interior designs by UNION31. Contact the sales centre at 902-431-1650 or email info@theroyalhalifax.com.



\$439,900

Ottawa

Here's a 756-sq.-ft. one bedroom plus den suite in the new Rideau tower at 831 Bank St., in the centre of Ottawa. Minto@lansdowne is comprised of two highrise condominium towers with a collection of suites and townhomes. As part of the Lansdowne Park rejuvenation, Minto@lansdowne is close to new retail and dining experiences, with entertainment spaces throughout the park and a large outdoor skating rink. Minto@lansdowne is part of the historic Glebe area, one of Ottawa's premier shopping destinations. Contact the sales office at 613-788-2784 or visit minto.com.



\$392,490

Toronto

Featured is a 667-sq.-ft. unit on the 10th floor, overlooking Forest Hill. The Barrington Condominium Flats at 1486 Bathurst St. is introducing new suite designs and pricing in the St. Clair residential area, which is undergoing an urban renaissance. There are two new suite groupings: The London Flats and The Knightsbridge Collection, with amenities that include ground-floor retail and a fitness centre. The 18-storey Barrington is near the St. Clair West subway station and has a walk score of 98 and a bike score of 88. Contact the sales centre at 416-410-4444 or email info@barringtoncondos.com.

Pattern holds clue to colour

DESIGN CENTRE

Karl Lohnes



An old-time decorating secret answers a reader's colour decor question

Q: I recently moved into my new condo and am ready to decorate. What comes first: the paint colours or the furnishings? — S. Stein, Toronto.

A: Here's the decorator secret to choosing colours: Choose the largest item that influences pattern or colour for each room, then take inspiration for the wall colour from that piece. For instance, in the bathroom it might be a shower curtain, in the living room it might be armchairs and in the bedroom it will most likely be the bedding or a carpet. By choosing a paint colour that is the third colour in any pattern, you will create a balanced room for adding colour. If you are choosing items that don't have a variety of colours, then you will be decorating in monochromatic style. Monochromatic (using one colour) does not have to be boring — just remember to use darker and lighter tones in order to create interest in the room. Here are three great examples.



ABOVE:

When working with a monochromatic colour scheme, consider adding drama to the walls with a more intense paint colour. Paint: Sterling Forest, BenjaminMoore.ca. Pebble Shower Curtain, \$20, Simons.ca. Remember that a monochromatic room does not mean all beige or bland colours.

LEFT:

The third colour that pops least in this chair is deep grey — there's your inspiration for a great backdrop paint colour. Paint: Burnt Amber, Benjamin Moore Paints. Grayson Chair, \$1,500, CrateAndBarrel.com. Even though the paint colour is a neutral, its deep tone makes it dramatic and adds an unexpected punch to the walls.

BOTTOM LEFT:

Finding the third most prominent colour in patterned bedding makes for the perfect wall colour. Paint: Bryant Gold, BenjaminMoore.ca. Clearly Organic Duvet & Sham, from \$30, PotteryBarn.com. Using this trick is the difference between just painting your walls and making the room look like the decorator was there.

Got a decorating dilemma?
E-mail Design Centre at Home@MetroNews.ca

Easy does it with outdoor accessories

GARDENING

Landscape attractions can be both pretty and functional

Flowers are the face of a garden, providing colour and texture. But a few well-placed landscape accessories can give it character and a dash of personality.

Accessories can range from water fixtures, like ponds and streams, to outdoor furniture and appliances, fountains to statuary, miniature fairy gardens to antiques. Give it some thought, however.

"There's some wonderful stuff out there (to collect) and it's awfully tempting, but you have to be really careful not to overdo it," said Linda Engstrom, a landscape designer from Portland, Ore.

She advises putting no more than two or three items in one area. "It gets too cluttered and the eye doesn't know where to



Baskets are integrated into a garden near Langley, Wash.

THE ASSOCIATED PRESS

go," she said. "You need some negative space."

Many of those items also can be high maintenance. And landscape accessories should fit the architectural style of the home, Engstrom said.

"I had a client once who had a Tudor house but who wanted a Japanese garden. That wasn't such a great idea, but I was able to give her a Japanese-style garden semi-enclosed in the backyard, and it wasn't jarring," she said.

Accessories can be used to screen unsightly utility sheds or add some visual flavour to hobby greenhouses, she said.

"Put up a pergola and string it with vines and flowers. Add a fountain or garden seat."

Homemade landscaping objects are becoming fashionable again, said Leonard Perry, an extension professor with the University of Vermont.

"Making your own accessories may be a great way to save money, a fun craft hobby or family activity," Perry said. "Making colourful pavers (stepping stones), either with inlaid objects, designs or leaf impressions, is a great activity to involve children."

Creativity also comes into play finding unusual objects from flea markets, garage sales or your basement, and figuring out how to incorporate them into a garden.

Tastes vary, of course, Perry noted. "What is tacky to some may appear to be a thing of beauty to that gardener or homeowner," he said.

THE ASSOCIATED PRESS

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Trail Appliances
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9880 - 47 Ave, South Edmonton

Nichols' big chance awaits

ESKIMOS

Patient QB is relishing shot filling in long term for Reilly

After five frustrating seasons and two major injuries, Matt Nichols has the football firmly in his hands for his first legitimate shot at being the starting quarterback for the Edmonton Eskimos.

Signed as a free agent late in 2010, the six-foot-two, 215-pound Redding, Calif., native will be the man behind centre Thursday when the Eskimos entertain the Ottawa Redblacks in Edmonton's home opener. With Mike Reilly out another 10 weeks with the knee injury he suffered in Edmonton's season-opening loss to Toronto, Nichols has been handed the starting job.

"My only real opportunity was 2013 when Mike and I were battling for the position and I

“

The quarterback position is one where the more you play the more comfortable you get and I haven't really had the opportunity to play more than two games in a row my entire career.

Edmonton QB Matt Nichols

got hurt in the first pre-season game," Nichols after the Eskimos (0-1) final walk-through Wednesday, their first day in Commonwealth Stadium this year, having been displaced by the FIFA Women's World Cup.

"The quarterback position is one where the more you play the more comfortable you get and I haven't really had the opportunity to play more than two games in a row my entire career. So for me it's getting in and getting comfortable."

Nichols has been a consummate professional as he overcame injuries and waited patiently for his first real opportunity become a CFL starter. He was stashed on the injury list in 2011 and in 2012 watched in frustration as Edmonton, after trading Ricky Ray to Toronto, felt they had to play Kerry Joseph and Steven Jyles.

He started only two games that season and the second half of the 2012 East semifinal where he suffered a dislocated ankle. A ruptured anterior cruciate knee ligament in the 2013 pre-season gave the starting job to Reilly. Last year he started four games, including the West semifinal victory over Saskatchewan. Edmonton had its bye last week, giving Nichols time to take plenty of first-team reps and get prepared for the starting role.

"We've very confident in Matt's game," said veteran receiver Adarius Bowman. "In the past it was always, you're playing this week until so-and-so is back. This time it's his show ... and we're behind him all the way."

Nichols, who has turned off his social media to avoid reading any negative comments from fans

WEEK 3 PICK



Redblacks at Eskimos, 7 p.m. Thursday

It's the start of a long, long stretch for Matt Nichols and the Edmonton Eskimos.

And after being off last week, the Eskimos (0-1) will play the next 17 straight weeks before earning a bye the final week of the regular season. Ottawa (2-0) has already matched last year's win total and looked good defensively.

Also their QB Henry Burris, 40, has completed over 70 per cent of his passes and stands fourth among league quarterbacks with 569 passing yards.

However, Eskimos coach Chris Jones has a well-earned reputation as a defensive guru and should have a gameplan in place. **Pick:** Edmonton

who always seem to want the QB on the bench to be playing, says he understands he may have a lot to prove to some Eskimo fans, but that goes with playing professional sports

Ottawa is off to a hot start under the guidance of Henry Burris, who has four TDs and 559 passing yards to lead the Redblacks to a 2-0 record.

THE CANADIAN PRESS



Matt Nichols will have to step up big again this season with incumbent QB starter Mike Reilly out another 10 weeks.

BRENT JUST/GETTY IMAGES FILE

WIMBLEDON

Top three men seeds cruise into semifinals

The top three men — Novak Djokovic, Roger Federer and Andy Murray — sailed into the Wimbledon semifinals in straight sets. The final four lineup has an unexpected name, too.

Richard Gasquet ousted French Open champion Stan Wawrinka in a marathon fifth set Wednesday, preventing Wimbledon from having the top four men's seeded players in the semifinals for the first time in 20 years.

The 21st-seeded Frenchman overcame the fourth-seeded Swiss 6-4, 4-6, 3-6, 6-4, 11-9, falling onto his back in relief after Wawrinka's backhand went long on the third match point, ending nearly 3-1/2 hours of play.

Gasquet reached the semifinals at the All England Club for the first time since 2007. He will face defending champion Novak Djokovic, who swept past Marin Cilic 6-4, 6-4, 6-4.

THE ASSOCIATED PRESS



Andy Murray, Novak Djokovic and Roger Federer are in the last four

GETTY IMAGES

NFL

Redskins trademark cancelled by judge

For the first time in a legal battle that has stretched over 20 years, a federal judge on Wednesday ordered the cancellation of the Washington Redskins' trademark registration, ruling that the team name may be disparaging to Native Americans.

The ruling does not bar the team from using the Redskins name if it wishes. The team could even still sue for trademark infringement, but winning such a case could prove more complex without the legal protections

that come with a federally registered trademark.

Redskins President Bruce Allen said the team will appeal.

"We are convinced that we will win because the facts and the law are on the side of our franchise," Allen said in a statement. U.S. District Judge Gerald Bruce Lee's ruling upholds an earlier finding by an administrative appeal board and orders the federal Patent and Trademark Office to cancel the registration.

THE ASSOCIATED PRESS

IN BRIEF

Source: Clippers trying to keep hold of centre Jordan

Two people with knowledge of the situation say the Los Angeles Clippers are making a last-ditch push to keep free agent centre DeAndre Jordan from joining the Dallas Mavericks.

Jordan and the Mavericks agreed to terms on a four-year, \$80 million contract last Friday. The Clippers can offer a five-year deal worth even more once contracts can be signed starting Thursday.

THE ASSOCIATED PRESS

Red Wings sign winger Tangradi to one-year deal

The Detroit Red Wings have signed left wing Eric Tangradi to a one-year contract.

The team announced the deal Wednesday. Tangradi, 26, played seven games last season for the Montreal Canadiens. He played a career-high 55 games for Winnipeg in 2013-14. Tangradi was drafted in the second round in 2007 by the Anaheim Ducks. He made his NHL debut in 2010 for Pittsburgh, and was traded the Jets from there in 2013. THE ASSOCIATED PRESS

GOLF

Injured McIlroy will not take Open risk

The photo Rory McIlroy posted to Instagram on Wednesday shows his feet up, a black air cast around his left ankle, as he watches Wimbledon on television. The claret jug was positioned beneath the screen.

When it comes to a Grand Slam championship in his own sport, the world's No. 1 golfer will be reduced to watching this year. Two days after the stunning news that he ruptured a ligament in his left ankle, McIlroy pulled out of the British Open



Rory McIlroy

GETTY IMAGES

at St. Andrews, the first time in 61 years that the defending champion will not be in the field.

He injured his ankle over the weekend playing soccer with friends in Northern Ireland. McIlroy held out hope he could still play next week, but he decided it was not worth risking a full recovery. THE ASSOCIATED PRESS

RECIPE Black Bean, Mandarin Orange and Baby Shrimp Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



If using frozen shrimp, be sure to defrost, drain and dry completely for the best result. If mandarin oranges or tangerines are in season use them to replace the canned. Serves 4.

Ready in

Prep time: 15 minutes

Cook time: 3 minutes

Ingredients

- 1/2 cup drained, canned or frozen corn
- 4 oz baby cocktail shrimp
- 1/2 cup canned mandarin oranges, drained and patted dry
- 1/2 cup black beans, drained and rinsed
- 1/2 cup diced red bell pepper
- 1/4 cup diced red onion

- 1 1/2 tsp olive oil
- 1 1/2 lemon juice
- 1 tsp honey
- 1/2 tsp minced jalapeno peppers
- 1/2 tsp Dijon mustard
- 1/4 tsp cumin
- 3 Tbsp chopped cilantro or mint
- Salt and pepper
- 8 Boston lettuce leaves

Directions

1. In small skillet sprayed with vegetable oil, add corn and sauté for three minutes, just until lightly charred. Add to bowl along with remaining ingredients. Mix well and divide over lettuce leaves.

Nutrition per serving

- Calories 110
- Protein 10 g
- Fibre 4 g
- Total fat 3 g
- Sodium 200 mg

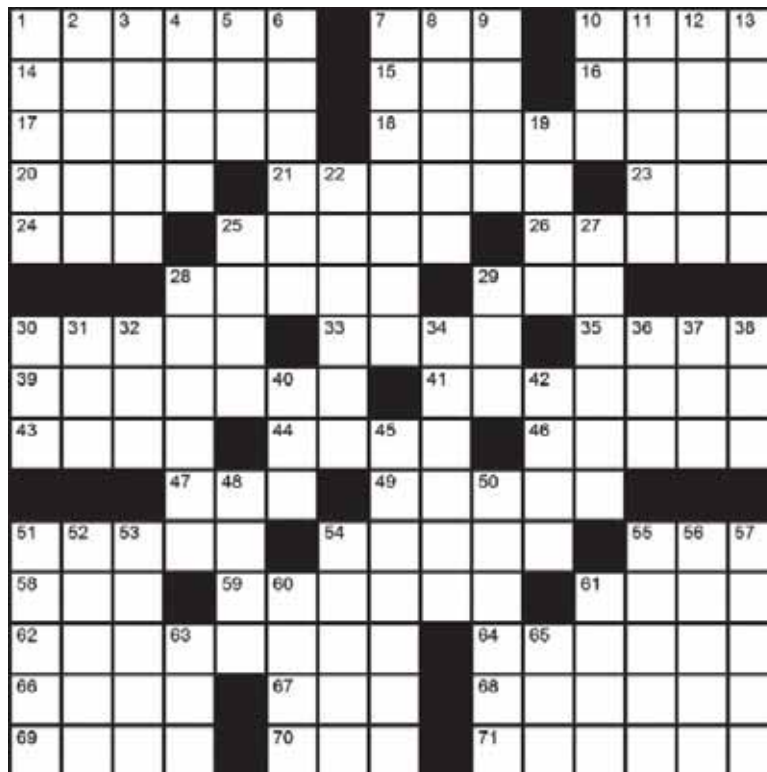
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Mini racing vehicle
- Tough wood
- Help with the heist
- Charlie Sheen's brother
- SSW's opposite
- Bat's hangout
- Ms. Shire's of "Rocky" (1976)
- Canadian vitamins brand since 1922
- Loafer, for one
- Villainous 'Lord' in Lord of the Rings
- Pres. Eisenhower
- Writer Mr. Milne's
- Bird feather pen
- Refuge for a castaway
- Music producer, Jermaine
- "Rhoda" production co.
- Laboratory dish
- Adroit
- Try to persuade
- __-style sunglasses
- Trade-in at the dealership: 2 wds.
- Hungry feeling
- __ and terminator
- Open-mouthed
- Sour
- Earthenware jar
- Heavenly food
- Call
- Intercept information
- Eggs, scien-



- tically
- Astute
- Info collected from research
- Tom Cruise's bartender movie
- Synchronicity
- Put on payroll
- Wedding promise: 2 wds.

- Degrees
- Seaport of Yemen
- "Steal My Sunshine" group
- Every 12 months

DOWN

- Enjoys, __ kick

- out of
- D-Day beach
- Metric weights, for short
- No word of __ (True)
- Narrow inlet
- Outcome that could go either way
- "Falling in Love

- Again" is a new single by what single-named Canadian songstress?
- Fido's warning
- Prefix with 'globin'
- Deck of cards symbol
- Pesto ingredient

- Call forth
- Principle
- Put a sock __: 2 wds.
- Put the clothes out on the line
- Vocationally vacate
- Blur
- Fearsome fire-breathing flyer
- Rushmore, et al.
- Celeb photographer
- Moviedom's Ms. Mendes
- Pantry container
- Botox injection site
- Electronics co.
- Discontinuity
- Poet's 'previously'
- Cartoon fight sound effect!
- Let up
- Level of command
- Quick
- Excessively
- Coffee order
- Cold shoulder it
- Mother-of-pearl
- "__ & Prejudice" (2005)
- Shock weapon
- Ring-shaped coral island
- Popular garden flower
- Salute
- Prima donna
- Mattel guy
- Born, in bridal bios

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
People will go out of their way to do you favours today, which, of course, makes you suspicious, but there is no reason to be. Some people like you and genuinely want to help.

Taurus April 21 - May 21
You are taking something far too seriously and at the same time neglecting far more important issues. What happens today will offer perspective and remind you that life is too short to waste time on worry.

Gemini May 22 - June 21
You may be under the impression that you can say and do what you please but that does not mean you can step out of line and be protected from the consequences every time.

Cancer June 22 - July 23
You are in a generous mood at the moment and that's good, but don't fall into the trap of thinking it's about money. What others want from you is your time and attention and sympathy. Gifts are nice but not essential.

Leo July 24 - Aug. 23
With Venus and Jupiter moving through your sign, you are responsive to other people's moods and needs. However, watch out that their negative feelings don't start to have a negative effect on you.

Virgo Aug. 24 - Sept. 23
You are craving something, or someone, you cannot have. Some things are best left in the realms of fantasy. Besides, reality is not so bad.

Libra Sept. 24 - Oct. 23
You don't lack for compassion but how about common sense? You could be fooled into thinking you are doing the right thing, when the best thing is to leave well alone.

Scorpio Oct. 24 - Nov. 22
You want to impress people who can help you realize your ambitions, but there is a danger you will go too far and say or do things that are so over the top they're counterproductive. Don't try so hard.

Sagittarius Nov. 23 - Dec. 21
Don't let unexpected events undermine your confidence, especially on the work front where a series of setbacks seems to have dented your morale.

Capricorn Dec. 22 - Jan. 20
Don't give away too much information today. The less others know about your plans the better — one of your friends has a very big mouth and could tip off your rivals.

Aquarius Jan. 21 - Feb. 19
Be wary of anyone whose attitude towards you goes from one extreme to the other. If they are that changeable in their affections then maybe it's best to keep them at arm's length.

Pisces Feb. 20 - March 20
Your imagination is extremely powerful but there are times when it gets the better of you. The first step toward resolving your current problem is to stop worrying about it so much.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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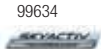
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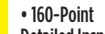
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